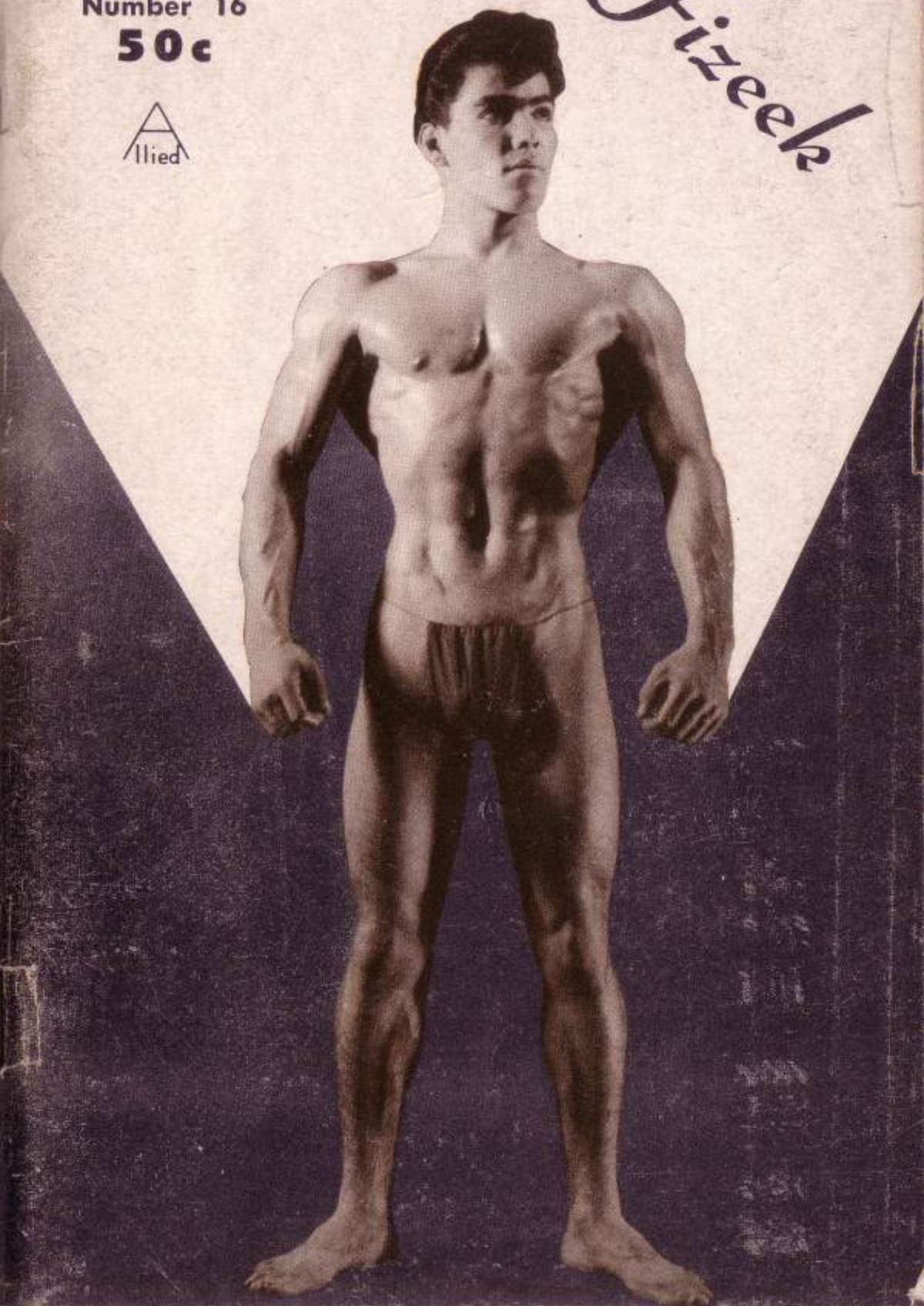
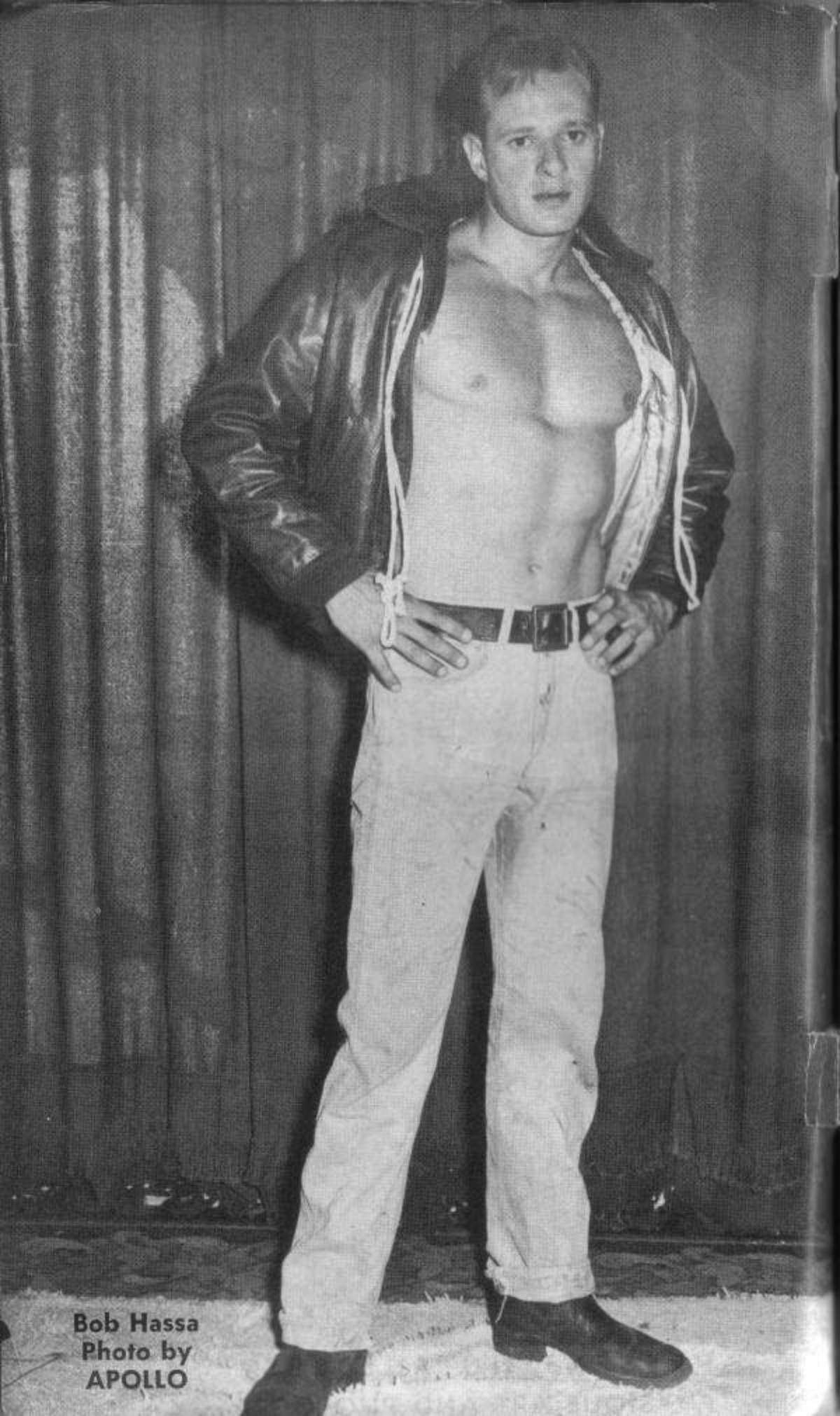
JANUARY
1962
Number 16
50c

Allied

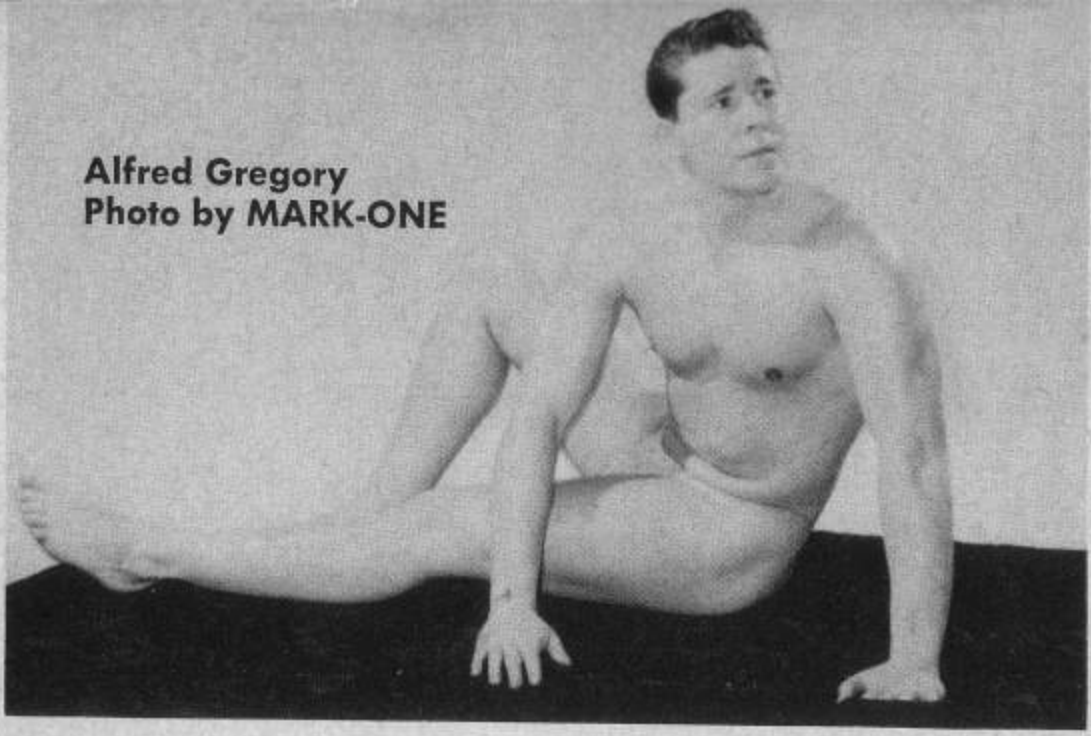
Fizeek



PRESENTING THE BEST IN
PHYSIQUE ART AND PHOTOGRAPHY



Bob Hassa
Photo by
APOLLO



Alfred Gregory
Photo by MARK-ONE

COVERMAN: Handsome, Muscular Teen-Ager, JOHNNY MENENDEZ. Photos by KRIS.

FIZEEK • Number 16 • January 1962

FIZEEK is published bi-monthly by **FIZEEK ENTERPRIZES, INC.**, Box 385 Benjamin Franklin Station, Washington 4, D. C. Editorial offices are located at 1318 14th St., N.W., Wash. 5, D. C. All manuscripts, art and photographs become the property of **FIZEEK** unless other arrangements are made. Submission of material will be construed as permission to publish same without further correspondence.

All rights reserved. No portion of contents may be reproduced without publisher's express permission.

FIZEEK ENTERPRISES, INC.

Box 385—Franklin Station **Washington 4, D. C.**

Application to mail at 2nd Class Postage Rates is pending at Washington, D. C.

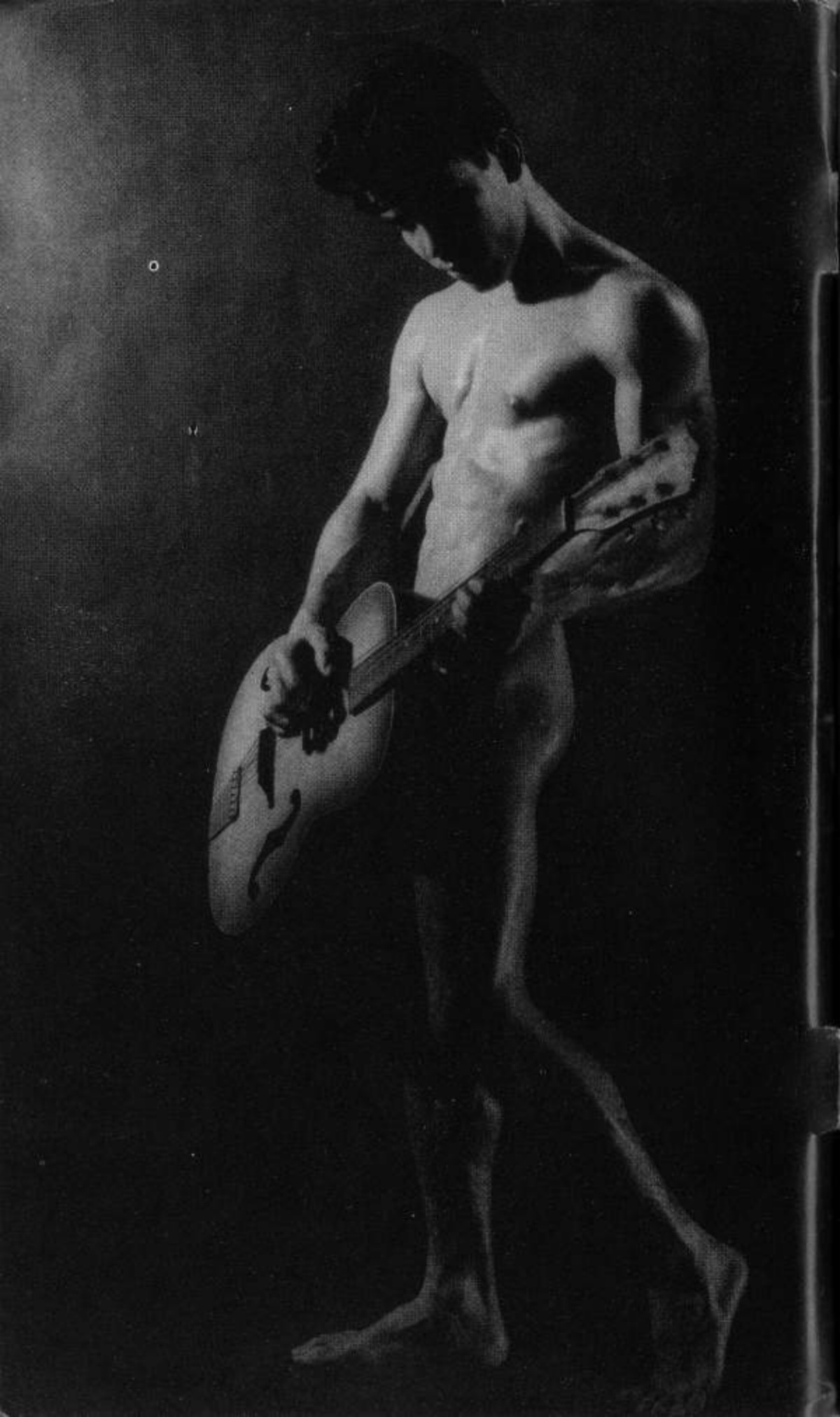
Please enter my subscription to **FIZEEK**. Enclosed is $5.00 to cover a subscription to the next 12 issues to be sent to me sealed, First Class Mail. Foreign readers, with the exception of those living in Canada and Mexico, will add $1.50 to the above rates.

Name.....

Street Address.....

City.....*Zone*.....*State*.....

Printed in U. S. A.



KNOW YOUR body

by CARLSON WADE

(Chapter 5)

Your respiratory system becomes so supercharged with energy when you are properly developed, that you will feel the power of a champion coursing through your veins. Let's trace the respiratory system where it begins with the circulation of the blood.

The cycle begins at the point where the carbon dioxide-laden blood is returning to the heart. A large vein, the Vena Cava, carries the blood to the right auricle (upper chamber) of the heart. This blood then passes through the valve into the right ventricle (lower chamber). At this point, the blood leaves the heart by way of the pulmonary artery for processing in the lungs. In the lungs the carbon dioxide is exchanged for oxygen and the purified blood is returned to the heart by way of the pulmonary vein.

The blood then reenters the heart at the left auricle (upper chamber) and passes through the valve into the left ventricle (lower chamber). Here it is pumped into a large artery (aorta) for passage, to the body. As the blood moves into the muscles, it gives off oxygen and takes on carbon dioxide. Moving through the capillaries into the veins, the blood is ready for the return trip to the heart.

When there is a demand upon the heart brought about by regular exercise, the efficiency with which the lungs transmit oxygen to the blood is increased as much as 25 per cent. This increase is caused by various factors. We already know that in long continued exercise programs, the little air sacs (alveoli) within the lungs, which are the terminal parts of the lungs at the end of the bronchioles or air tubes, actually put in some new partitions.

There is increase efficiency of the lungs because of expansion of the air sacs. The poorly conditioned fellow shows air sacs that are closed or collapsed. When this type will participate in gymnasium training, he

places a greater demand for oxygen upon the body, the forced breathing causes the air sacs to be slowly expanded.

This process occurs over a period of several weeks. Once a large number of these air sacs have been forced open, the lungs have greater absorption surface as each open air sac can contain more oxygen. The small capillaries surrounding each air sac are also extended and a greater number of red corpuscles can circulate around the air sacs.

Regular exercise trains you to breathe more deeply; there is an improvement in the manner by which the fresh air from the outside gets to the walls of the alveoli. This increase in the amount of air breathed into the lungs is partly because of an increase in the flexibility of the chest brought on by increased deeper breathing and partly because of a strengthening of the respiratory muscles.

Those who live in high altitude areas or who may visit such areas will find improved circulo-respiratory function an aid to breathing. The air is much less dense in high atmosphere. No matter how hard you gasp, you can absorb only about 80% of the oxygen you normally breathe in at sea level. Undeveloped people simply do not have enough red corpuscles in their blood to fulfill their needs at high altitudes. Since there is no immediate increase in red blood cells, the undeveloped fellow gasps for breath; his heart beat increases to force as much blood as possible to oxygen-starved muscles. These people tire more quickly and may collapse after rapid physical exertion.

But if you've developed your circulor-respiratory systems by regular exercise, your blood is rich in red corpuscles and high altitudes will not have much effect upon you.

The brain is the first organ to react to a lack of oxygen. When the brain is denied a sufficient quantity of oxygen, unconsciousness results. Such "blacking out" is actually a defense mechanism to enable the body to remain alive. When unconscious, your body requires a minimum of oxygen; hence, when a flat position, a maximum of oxygen is permitted to stimulate the brain to a conscious state.

So you can see how your respiratory system can increase the content of red blood corpuscles and actually feed oxygen to your brain! And only through physical development can your brain be nourished and healthy.

Your respiratory system consists of the following:

1. *Trachea.* Also called the "windpipe" it is a hollow, tube-like structure that carries air from the mouth to the lungs.

2. *Lungs.* These are elastic bags that contain sections of the windpipe which divide first into the bronchus, then into smaller tubes known as the bron-

chiole and finally into small alveoli or air sacs. The exchange of oxygen and carbon dioxide takes place in these air sacs.

3. *Diaphragm.* This is a thin, sheet-like muscle stretching across the thoracic cavity just below the lungs. When you breathe in your diaphragm flattens out and lowers, allowing the lungs to expand and fill with air. When you breathe out, your diaphragm raises into a dome shape, helping to reduce the space inside the thoracic cavity.

Additional members of the respiratory system include the mouth and nose. We already know their functions!

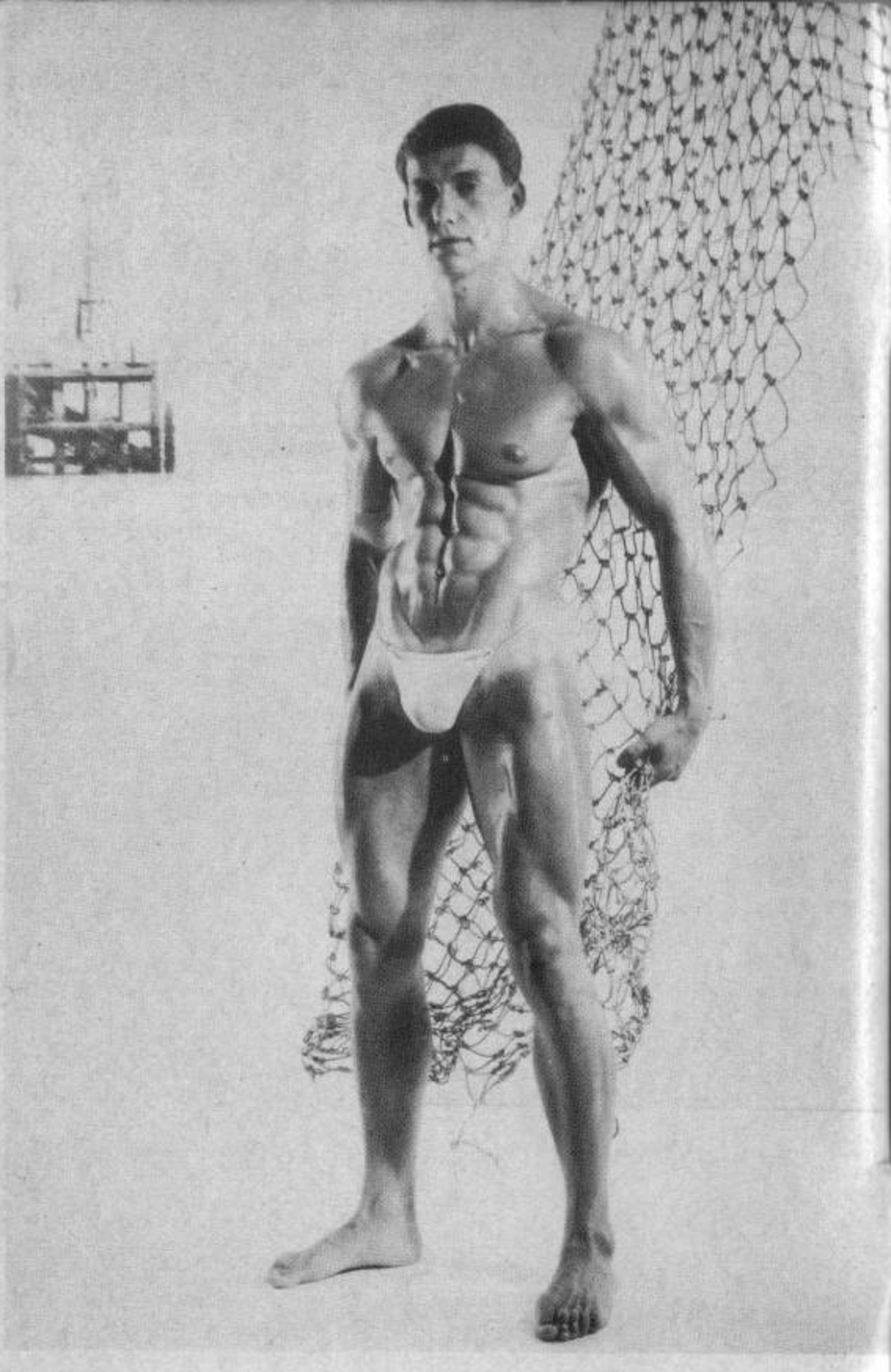
In addition to arteries, capillaries and veins, there are *lymph vessels.* The plasma from the blood seeps out through the walls of the capillaries and surrounds all the cells of your body. The blood which carries the red blood cells does not come in direct contact with these body cells, so that the oxygen, carbon dioxide and all of the food products have to filter through this lymph to get to the cells of the body.

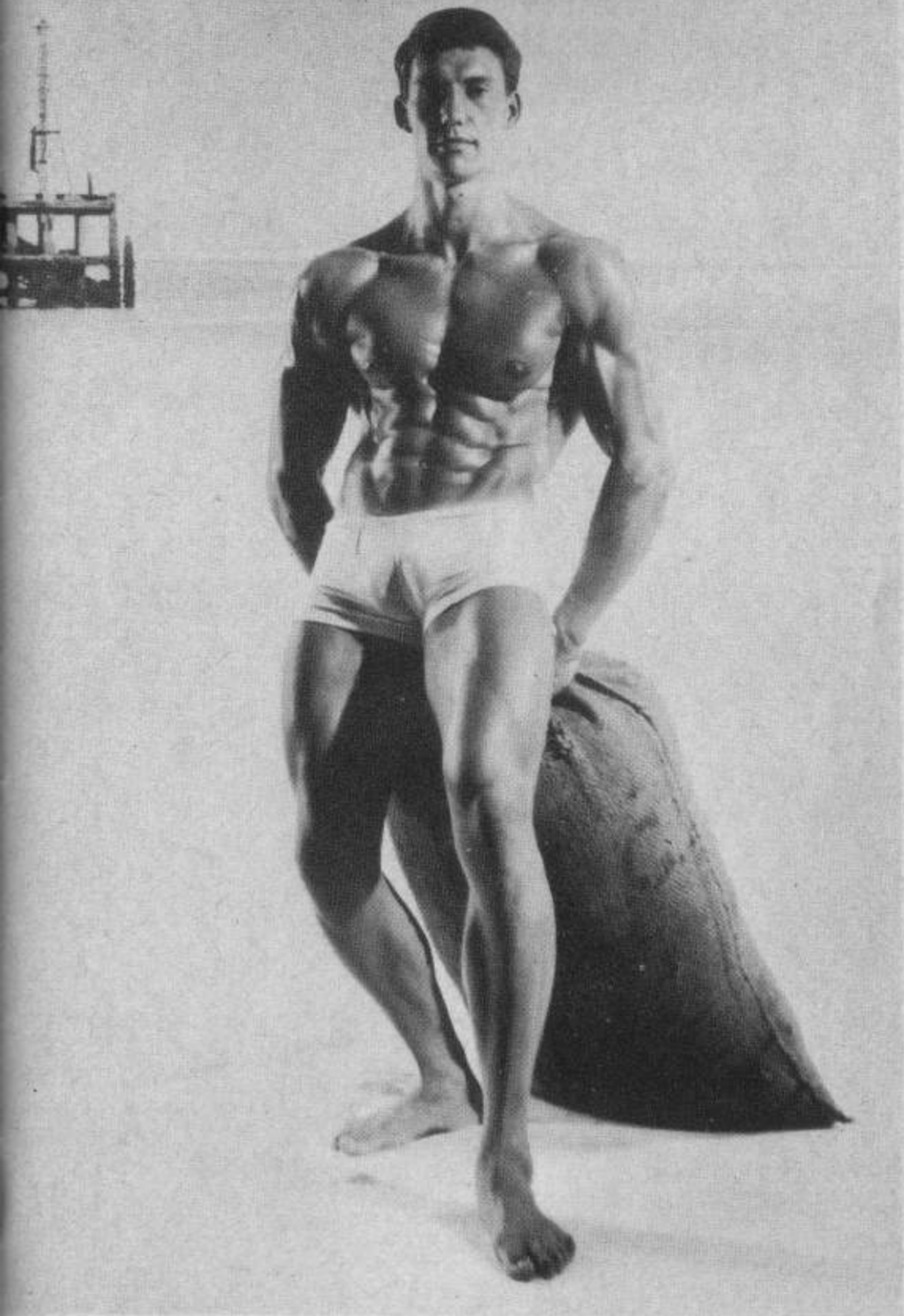
If you do not exercise, this lymph tends to move very slowly. The carbon dioxide and the oxygen are still transmitted without difficulty, but this lymph becomes what we might call "stale" and needs to be moved on into the general circulatory mechanism. Exercise helps the lymph to be milked away from around the cells of the body and to be replaced by fresher lymph. This moving of the lymph is accomplished by milking the lymph along into the lymph vessels and up these vessels *only* by regular workouts and physical exercise.

Regular exercises will actually cause an increase in size and development of such vital body parts as the digestive organs, liver, pancreas, etc. This means that if your body is muscularly developed through exercise, there is a similar internal development. Exercise also helps to increase bony growth and development. Ever notice how 4 months of steady exercise helps to put on about a half inch to two inches in height? And also several inches on the circumference of your chest? This increase is partly due to an increase in the mass of muscles on your back and chest. Shoulder width is also increased because the shoulder muscles are developed, especially the deltoids.

Muscles become tough through regular exercise. The muscle tissue becomes firmer, is able to stand much more strain. This is partly due to a toughening of the sarcolemma and also to the development of more connective tissue within the muscle bundles. Strength, power, vitality—mental and physical superiority—these are the rewards of regular gymnasium or home workouts. No youngster can afford doing without physical conditioning!

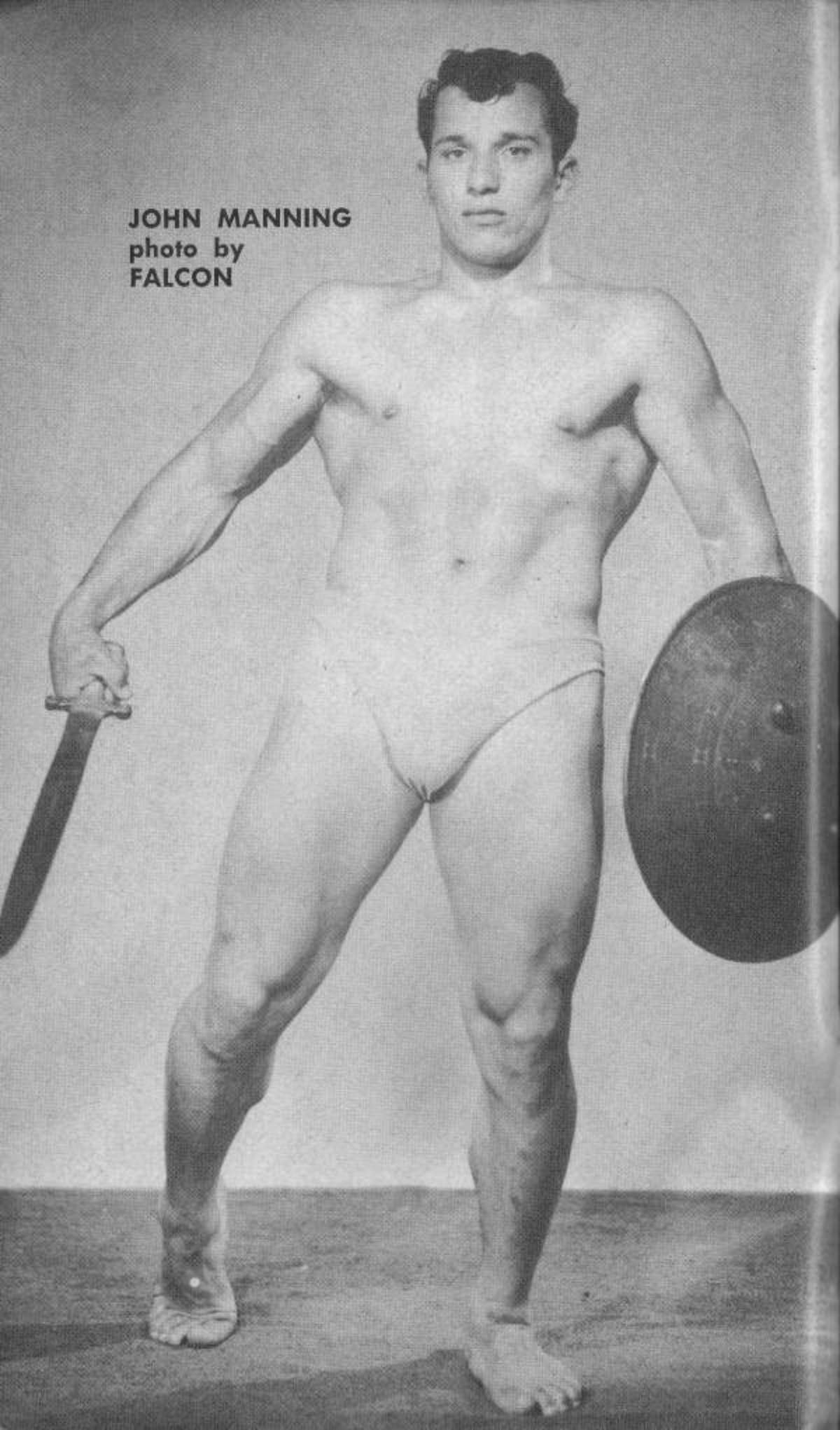
THE END

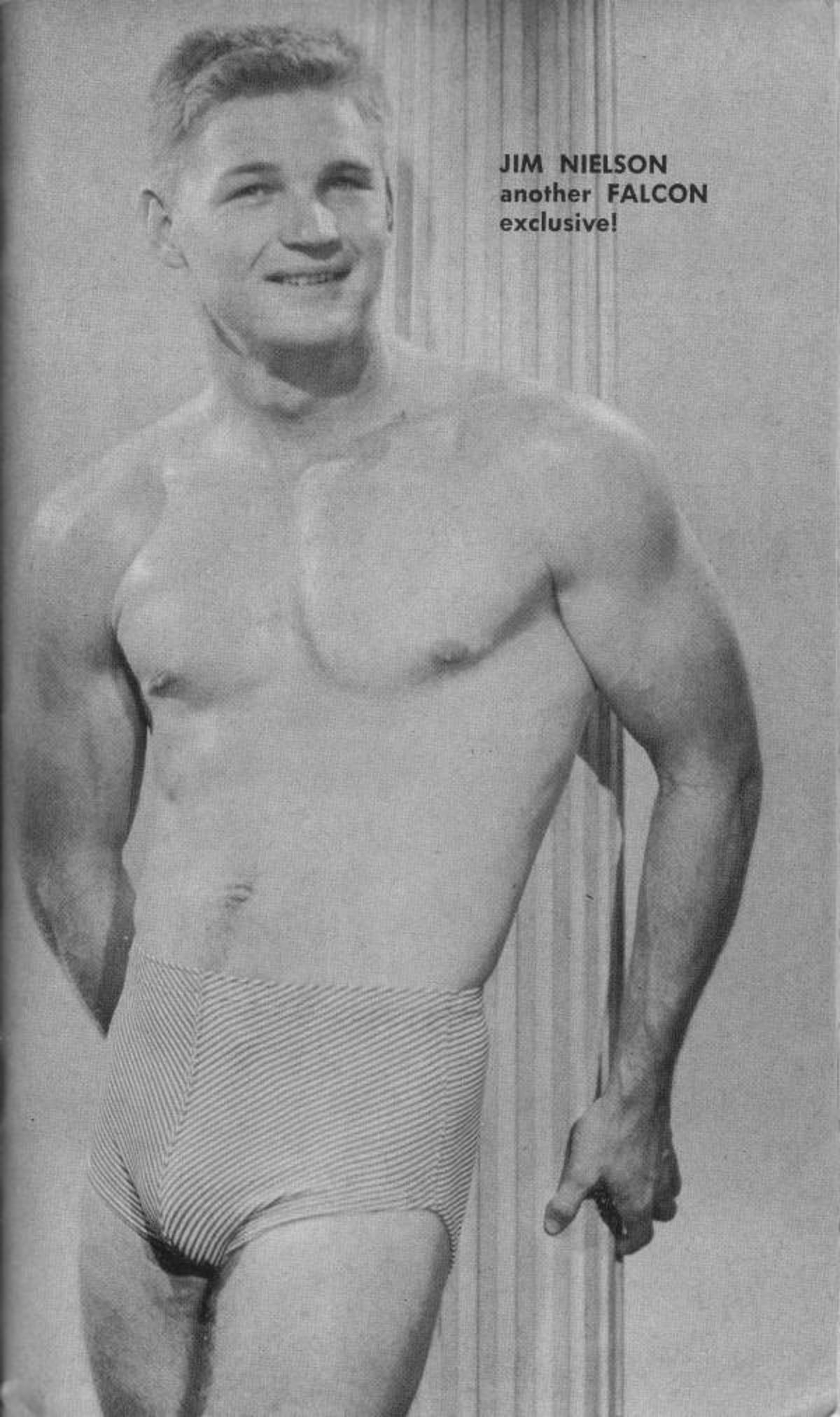


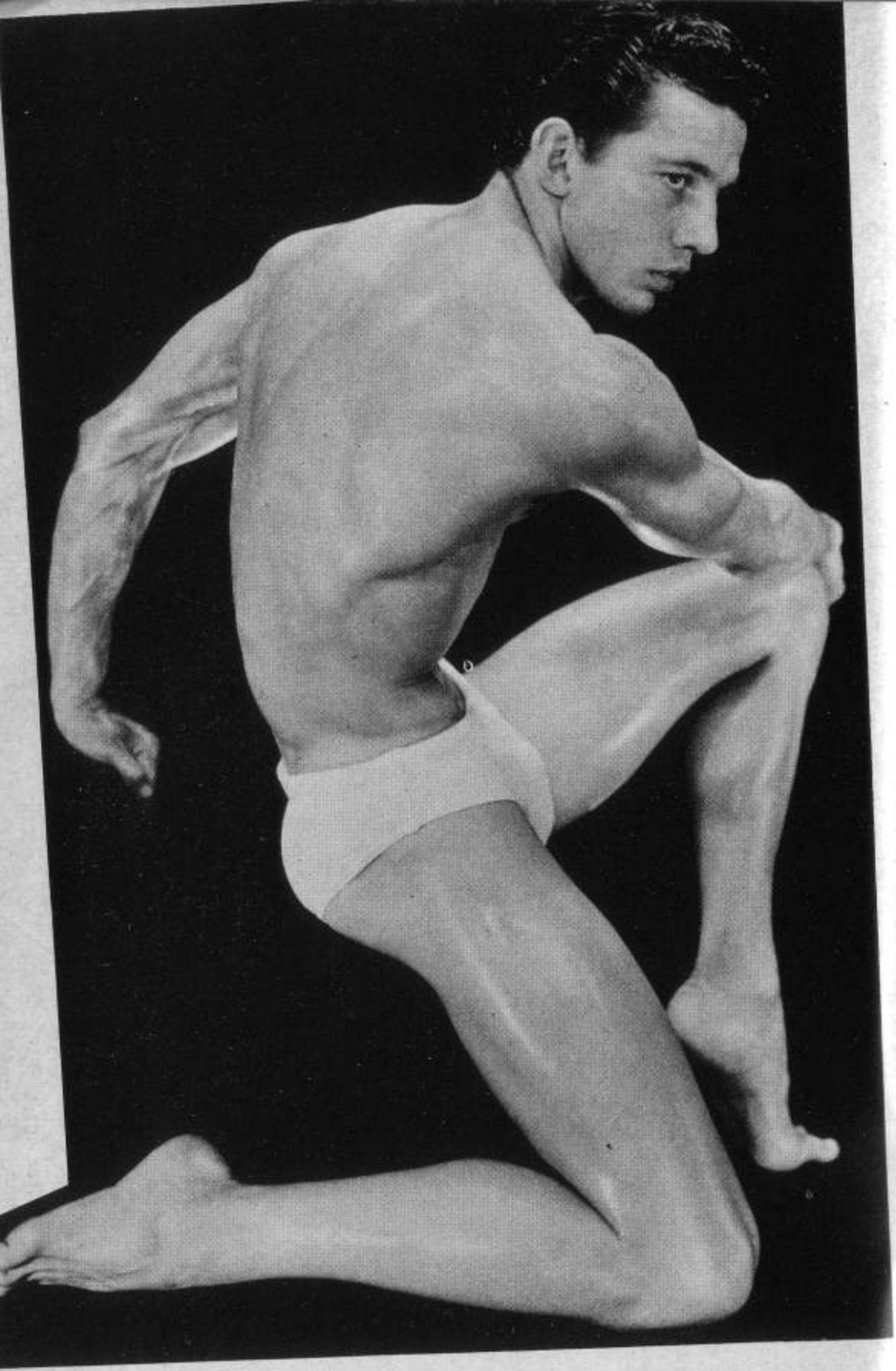


Reinhard Lichtenberg
Photos by SCOTT PHOTO

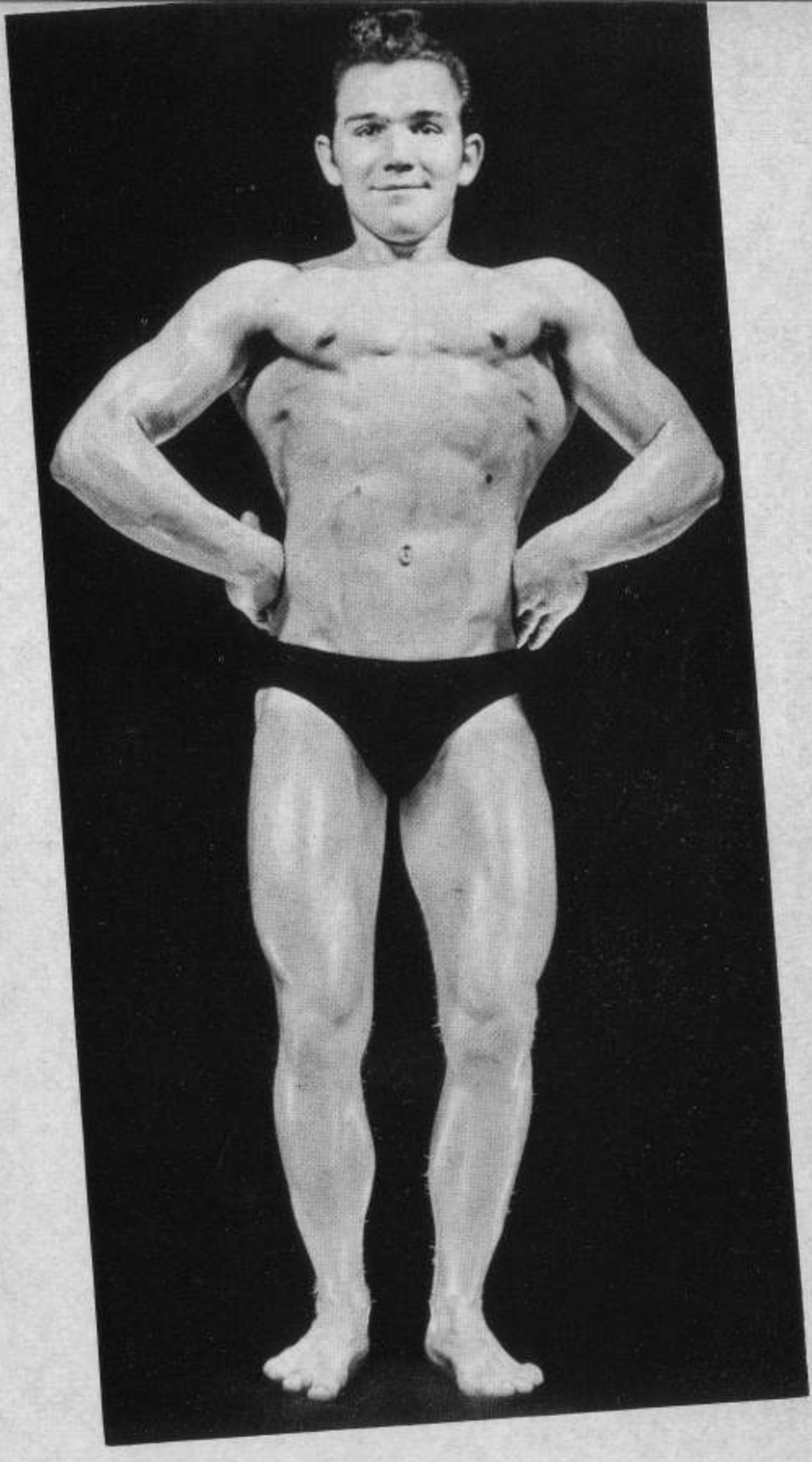
YANKEE JON and REBEL DON, the fun loving duo, in photos by CAPITAL STUDIO


JOHN MANNING
photo by
FALCON

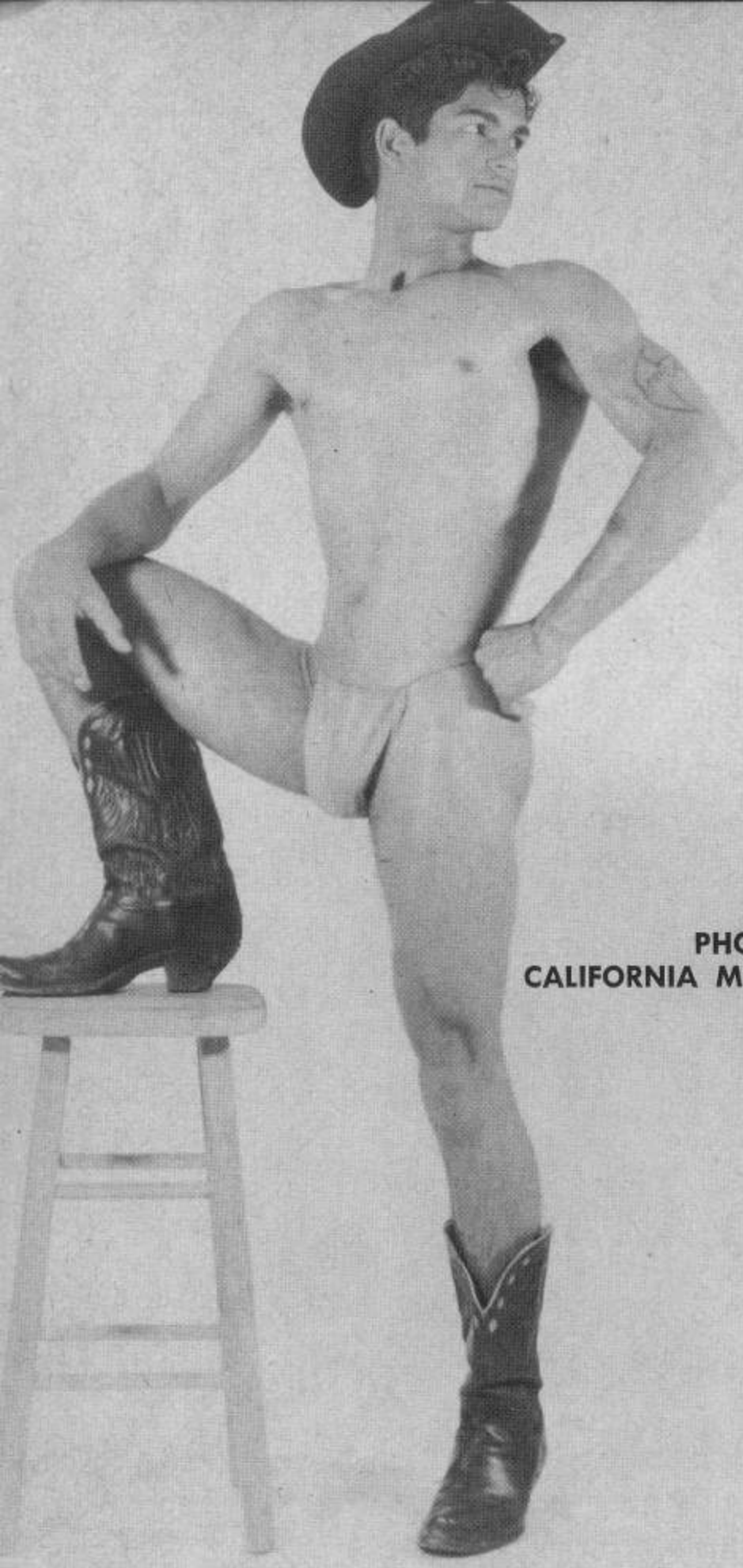

JIM NIELSON
another FALCON
exclusive!



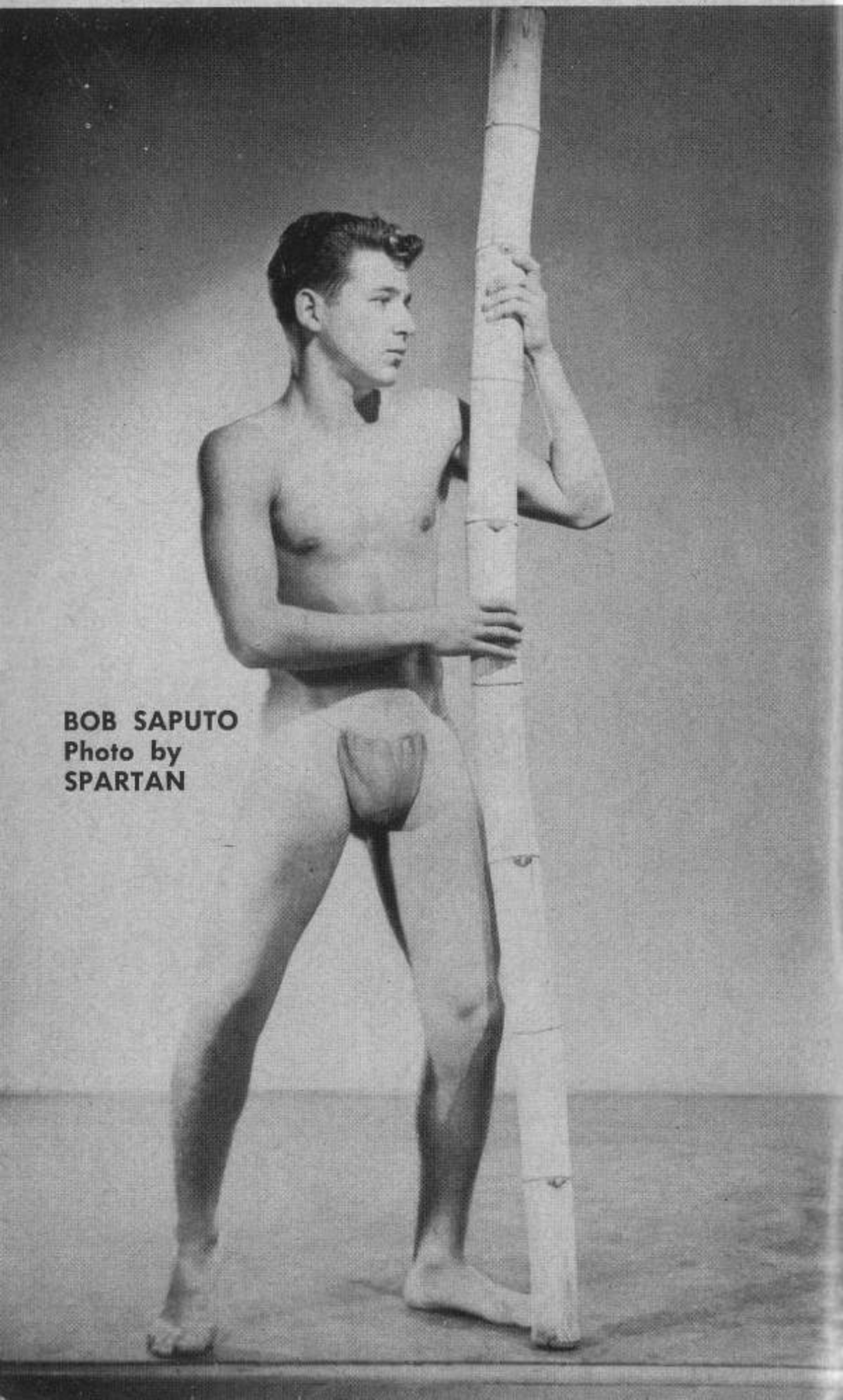
JIM SLEECE—Marvelous physique from New Jersey. Photo by AL URBAN.

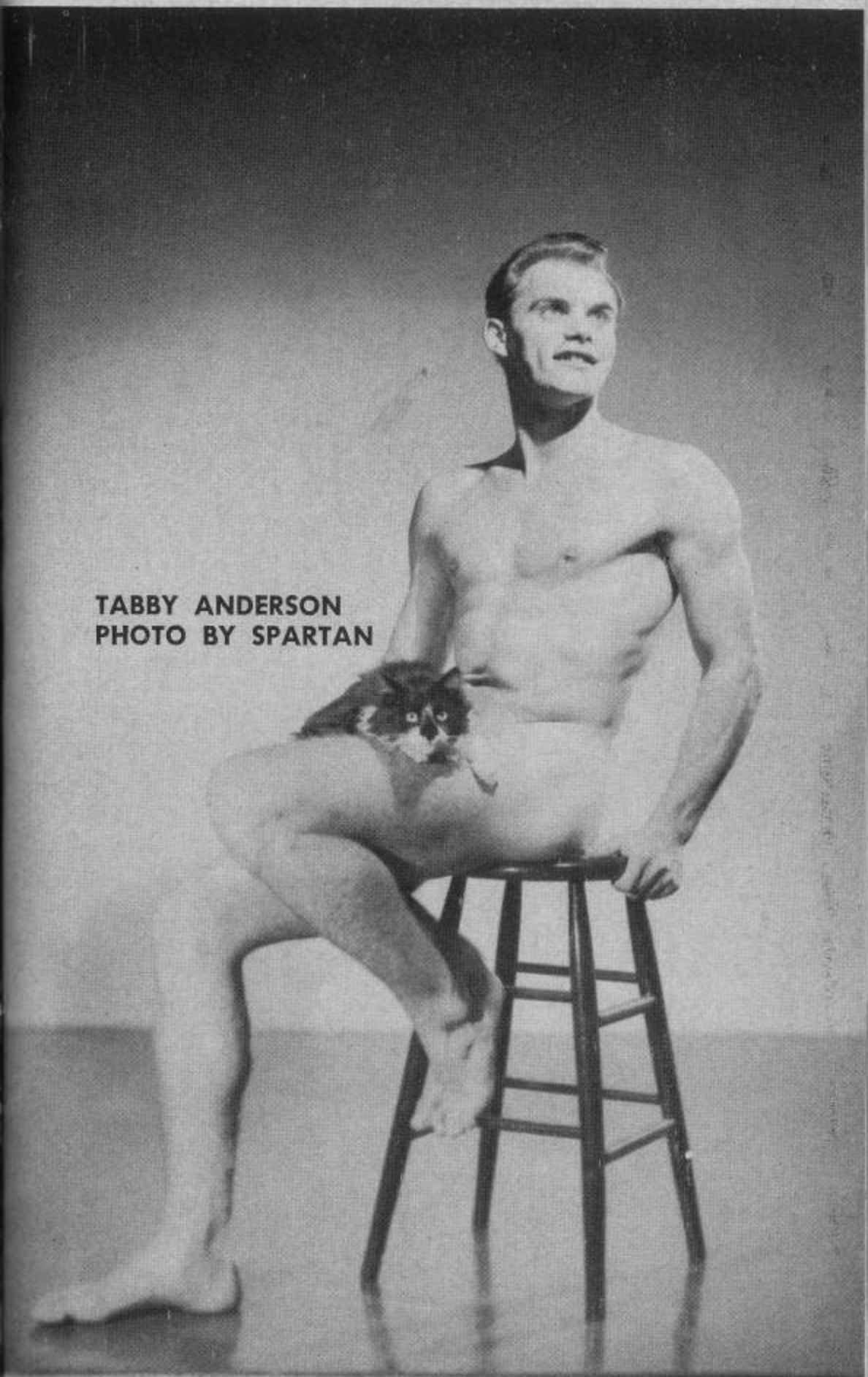


JIMMY SHAW, also from New Jersey, in another photo by AL URBAN.

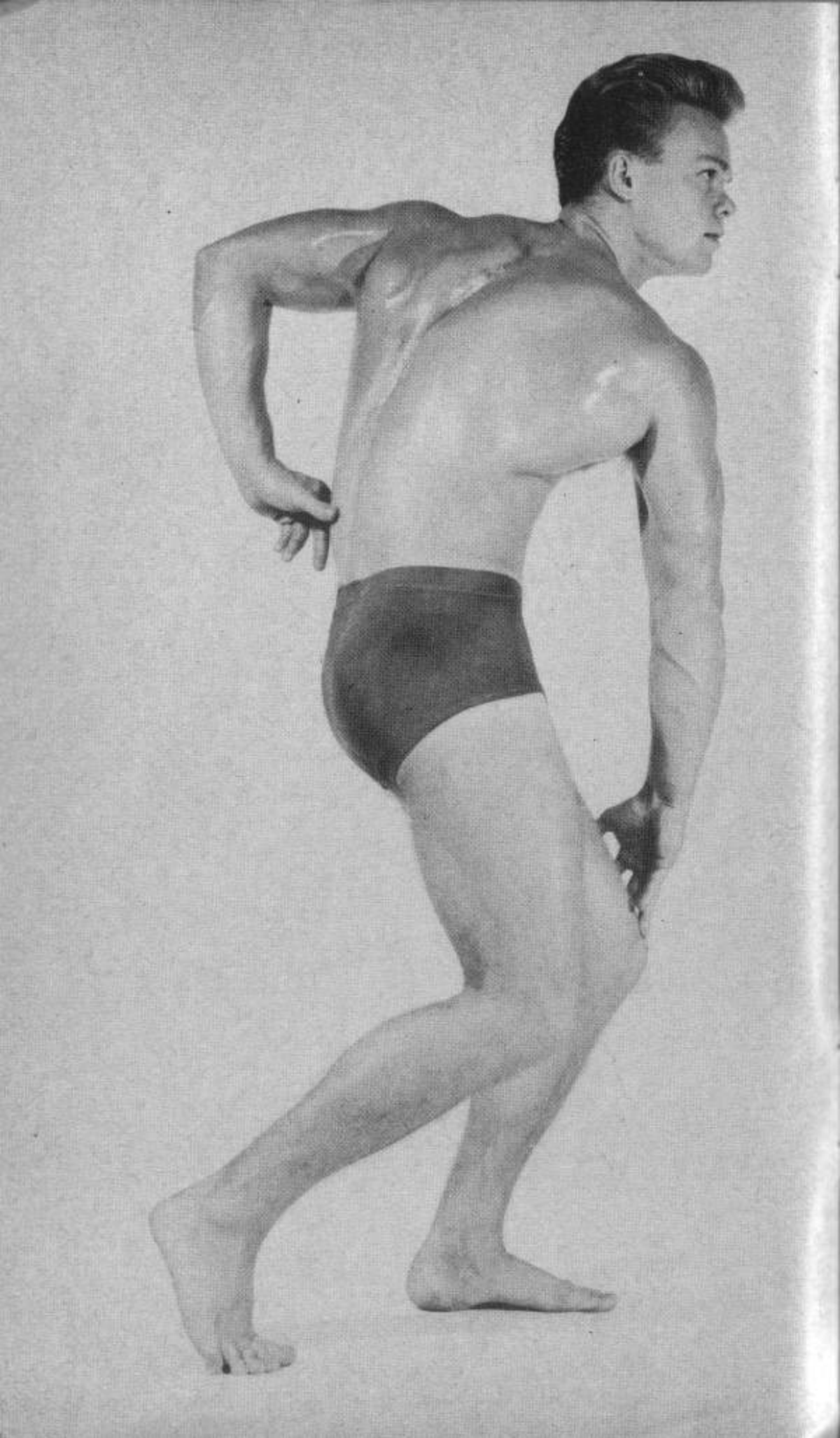


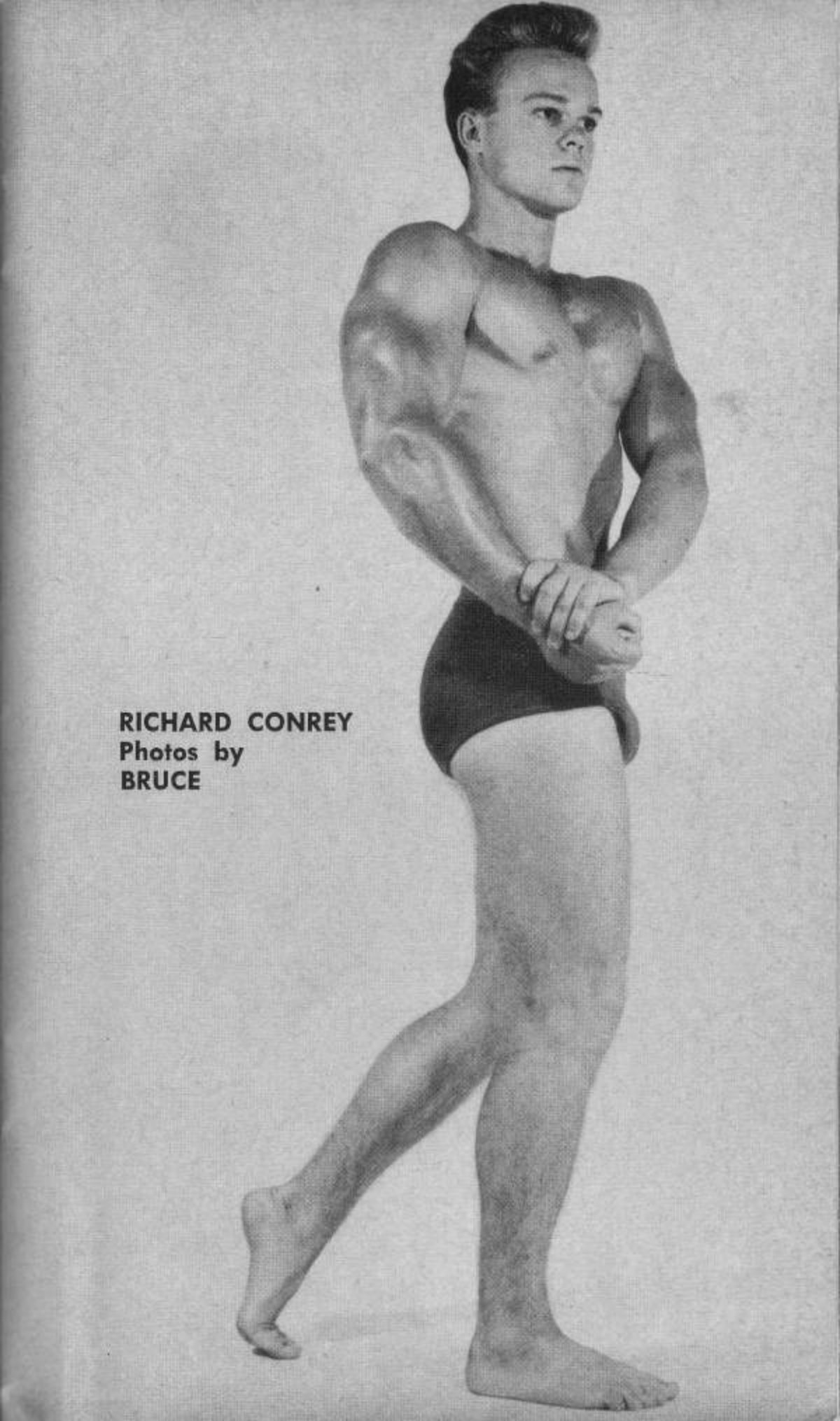
KENNY
PHOTOS PY
CALIFORNIA MODELS


BOB SAPUTO
Photo by
SPARTAN

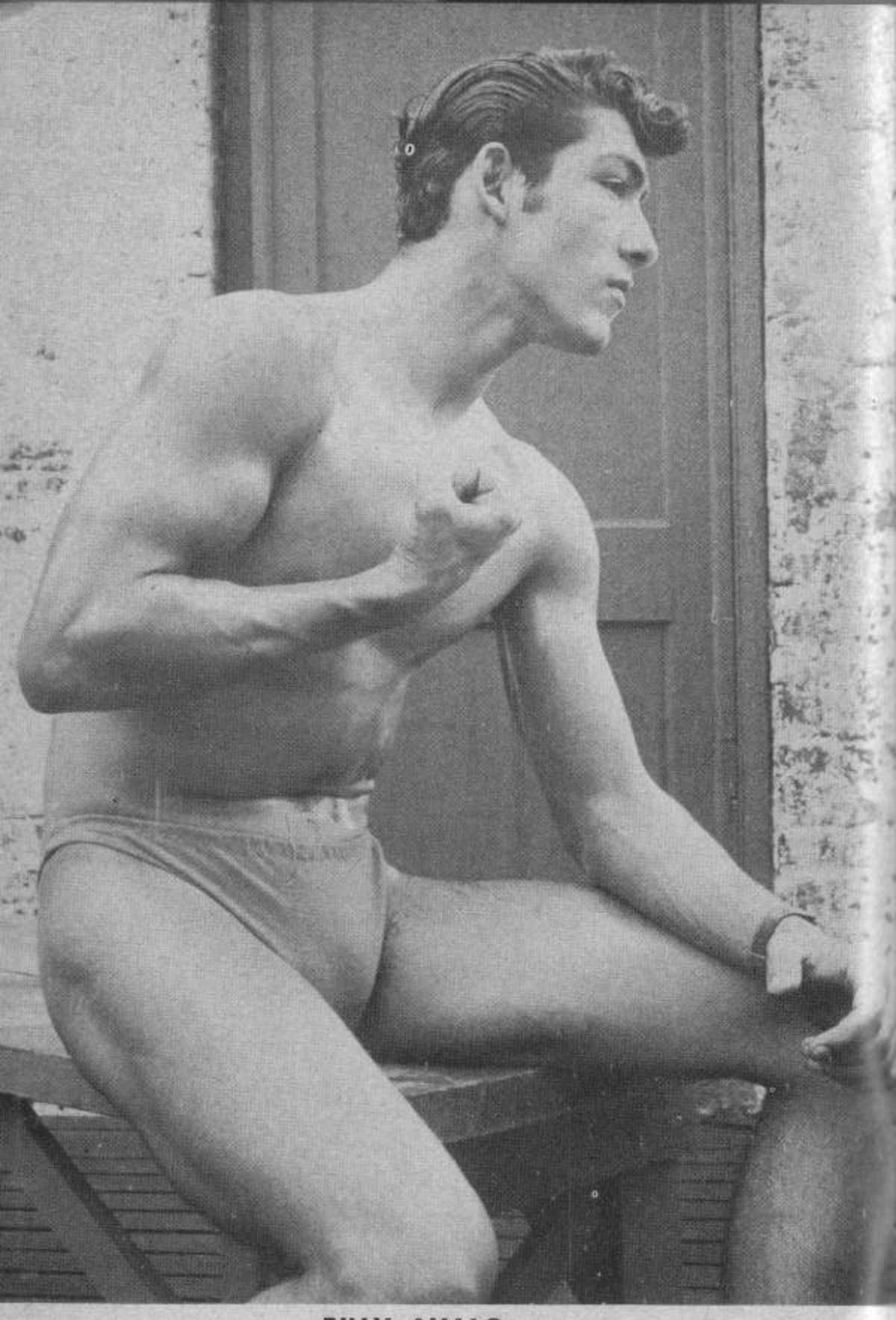


TABBY ANDERSON
PHOTO BY SPARTAN

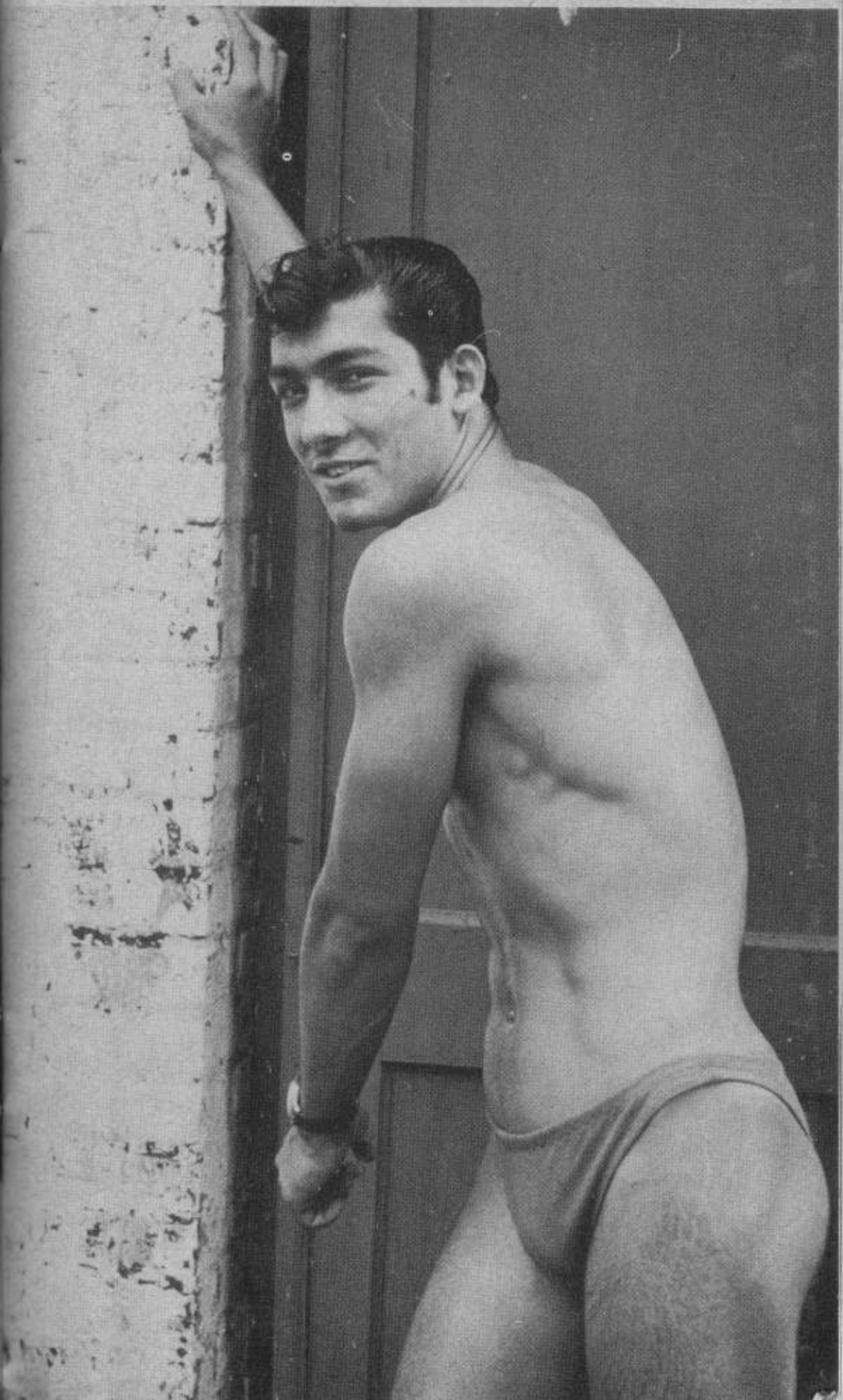


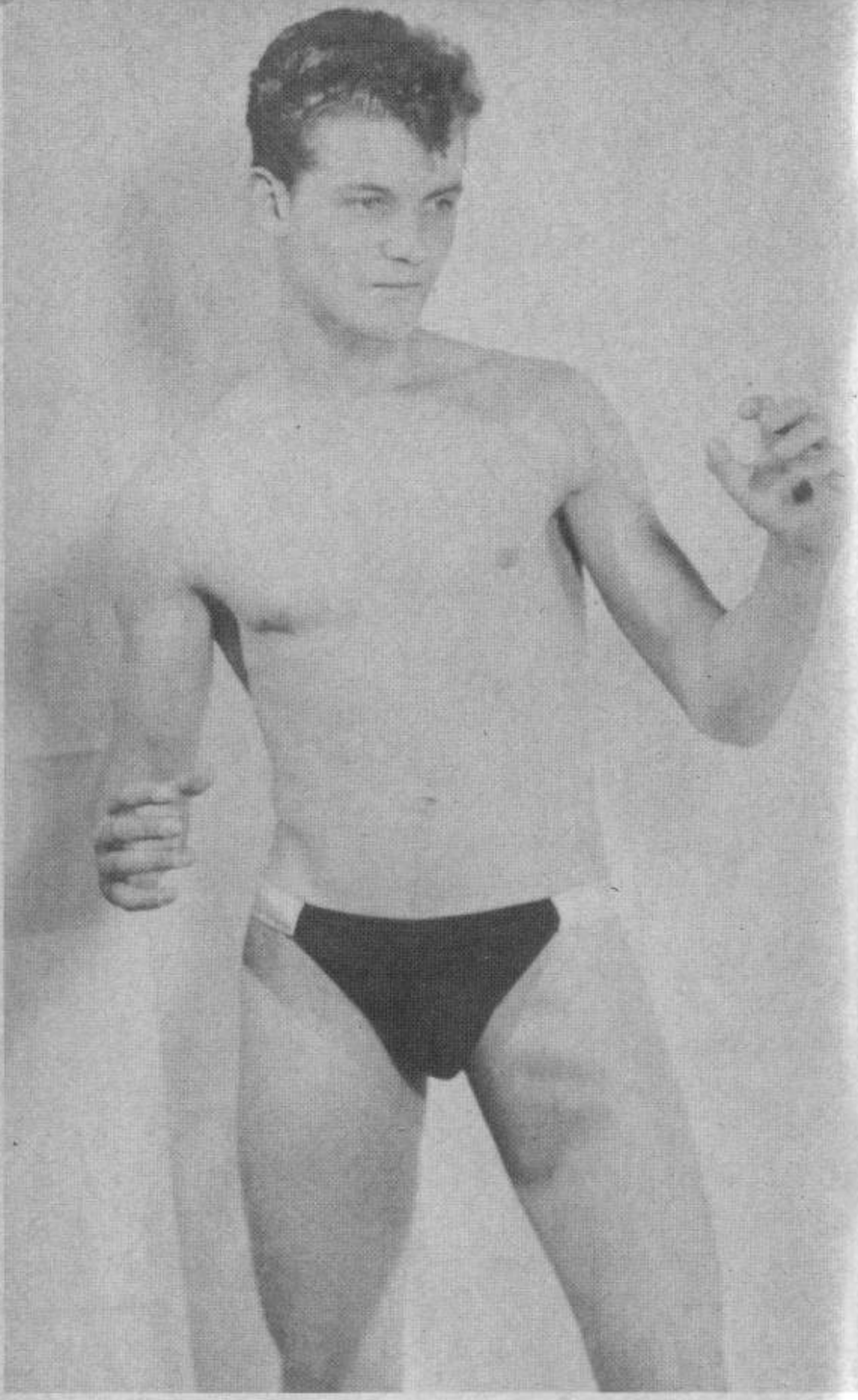


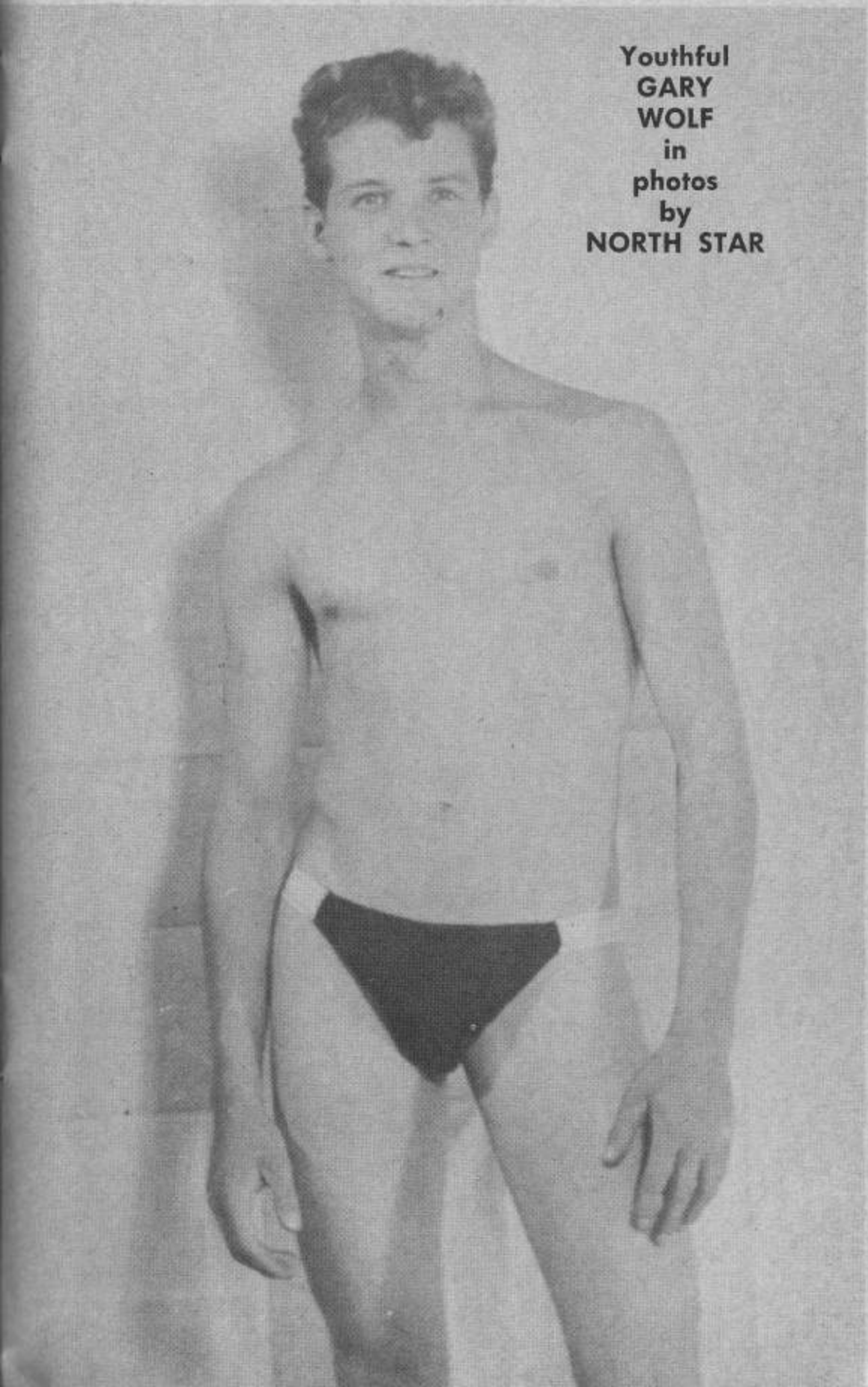
RICHARD CONREY
Photos by
BRUCE



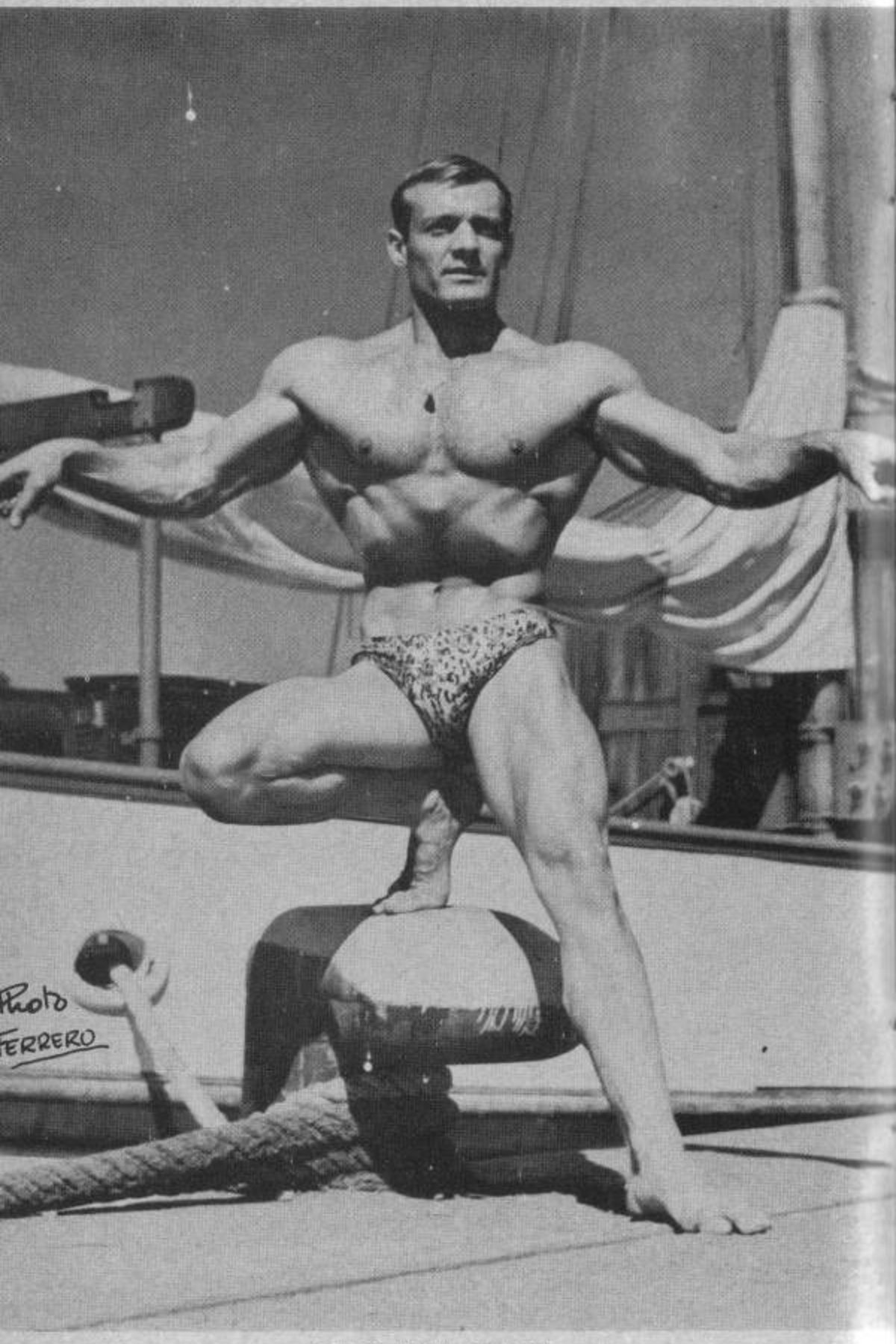
BILLY AYALO
in EXCLUSIVE photos
by PLATO



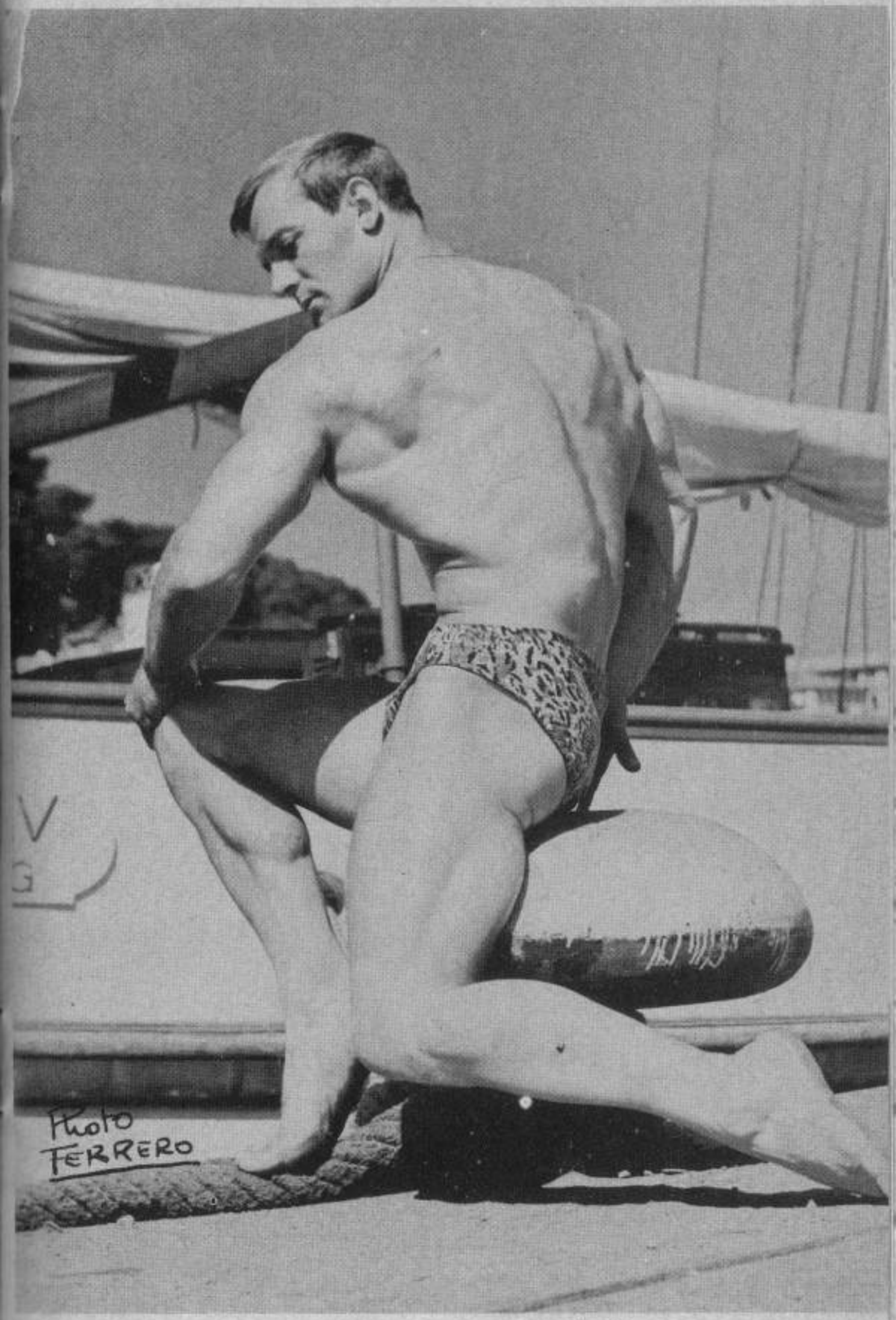




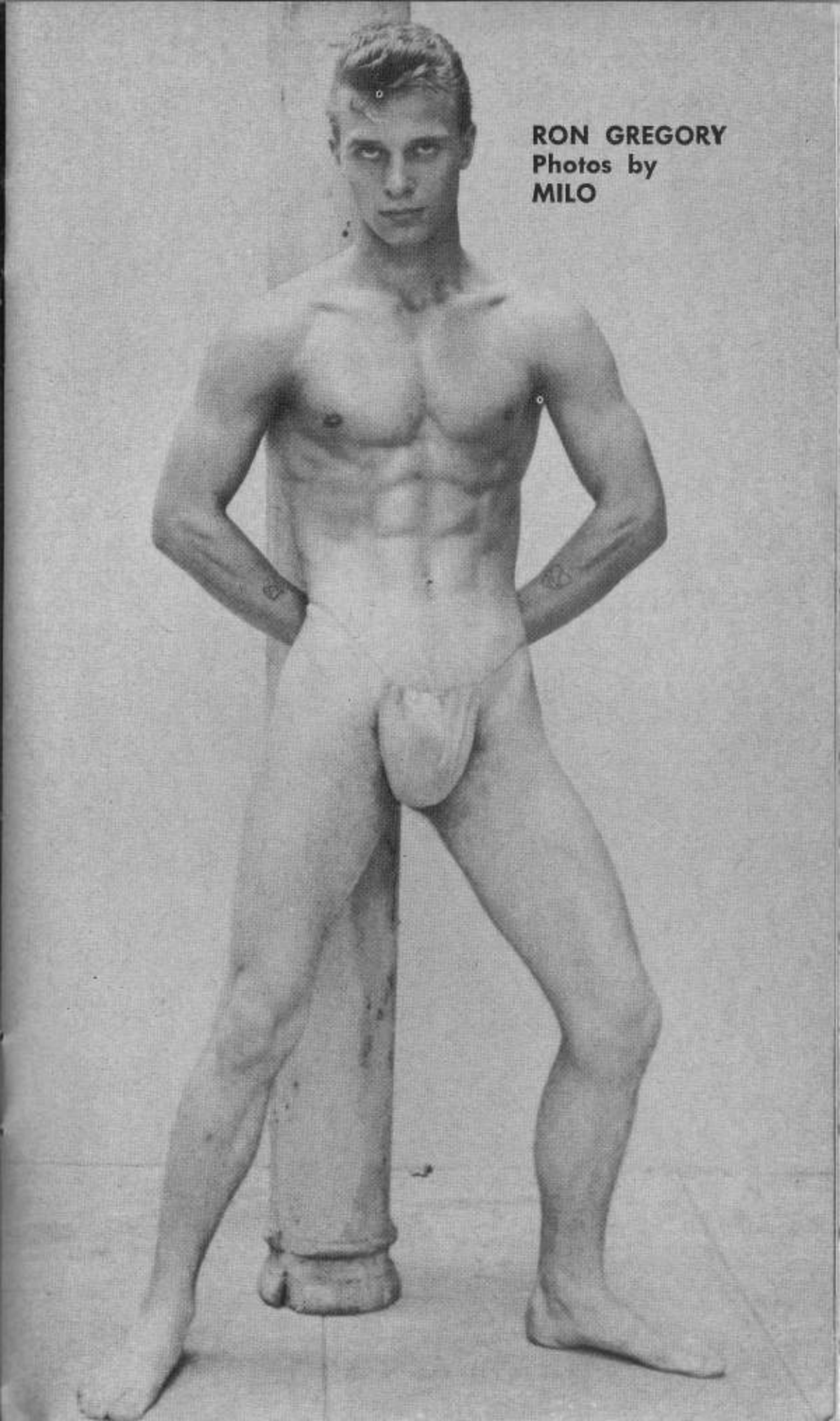
Youthful
GARY
WOLF
in
photos
by
NORTH STAR

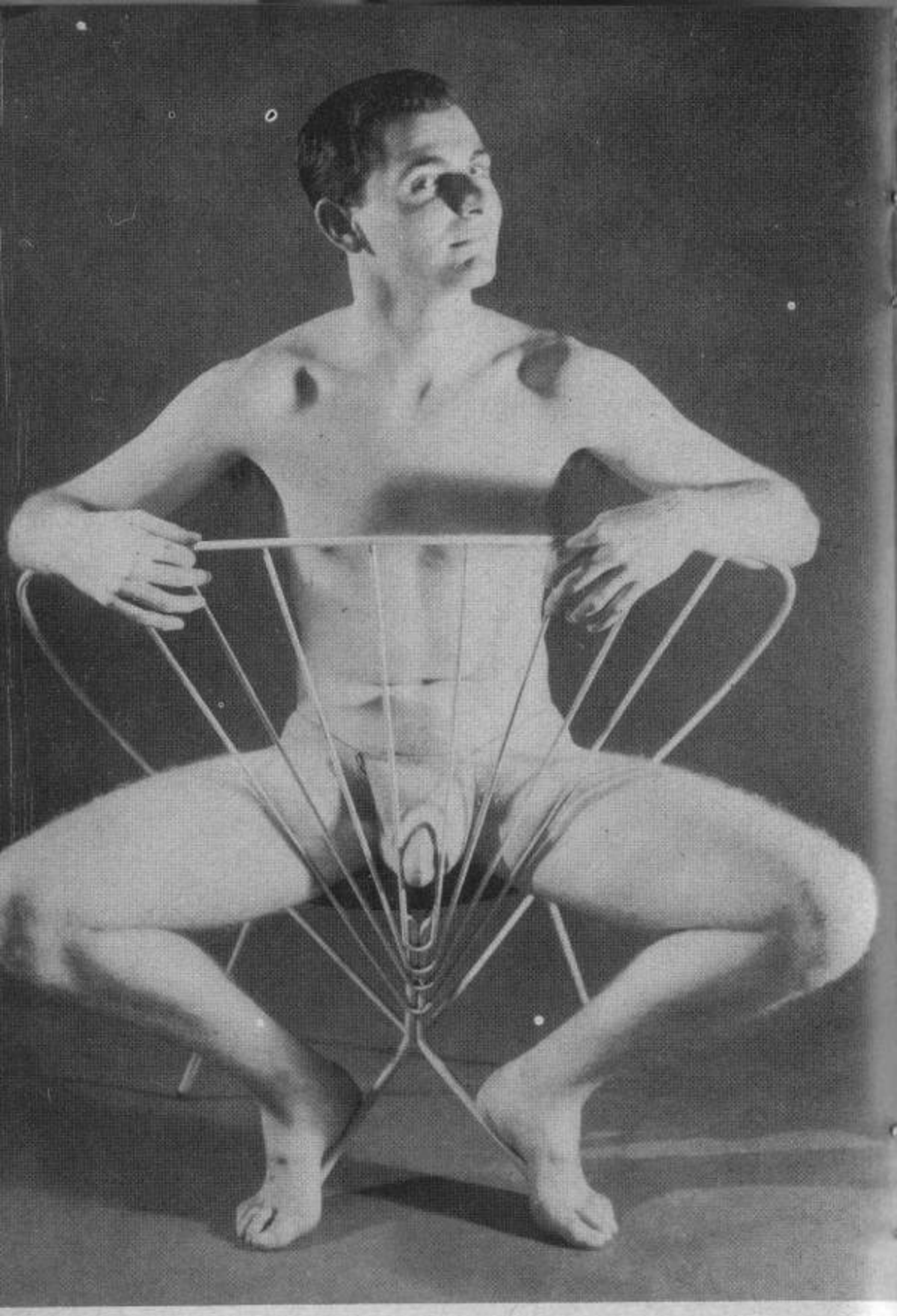


GUY MIERCZUCK
Former Mr. Universe and Mr. France!



Photos by FERRERO!


RON GREGORY
Photos by
MILO



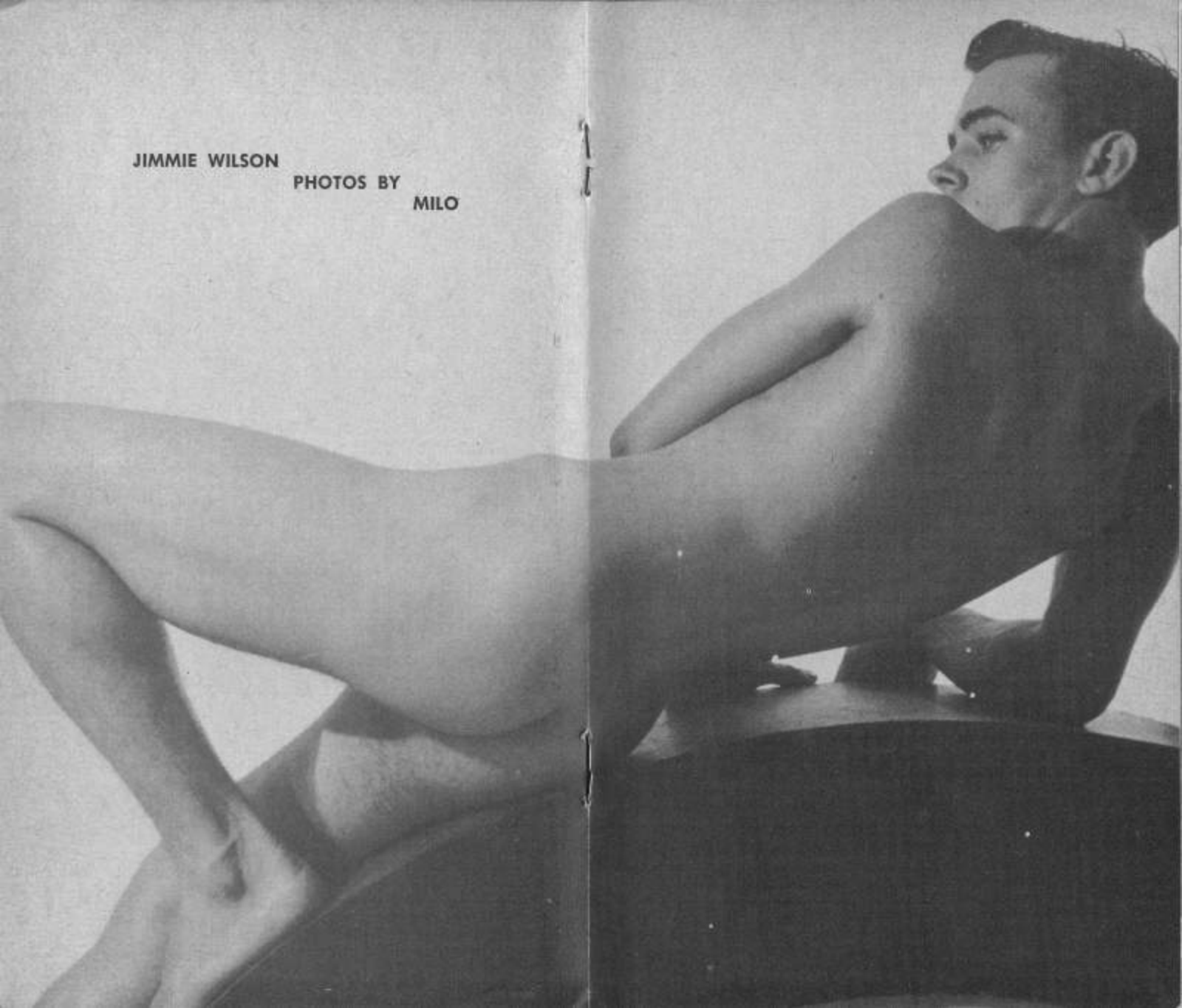
JAY CEE
Photos by
HALE STUDIO

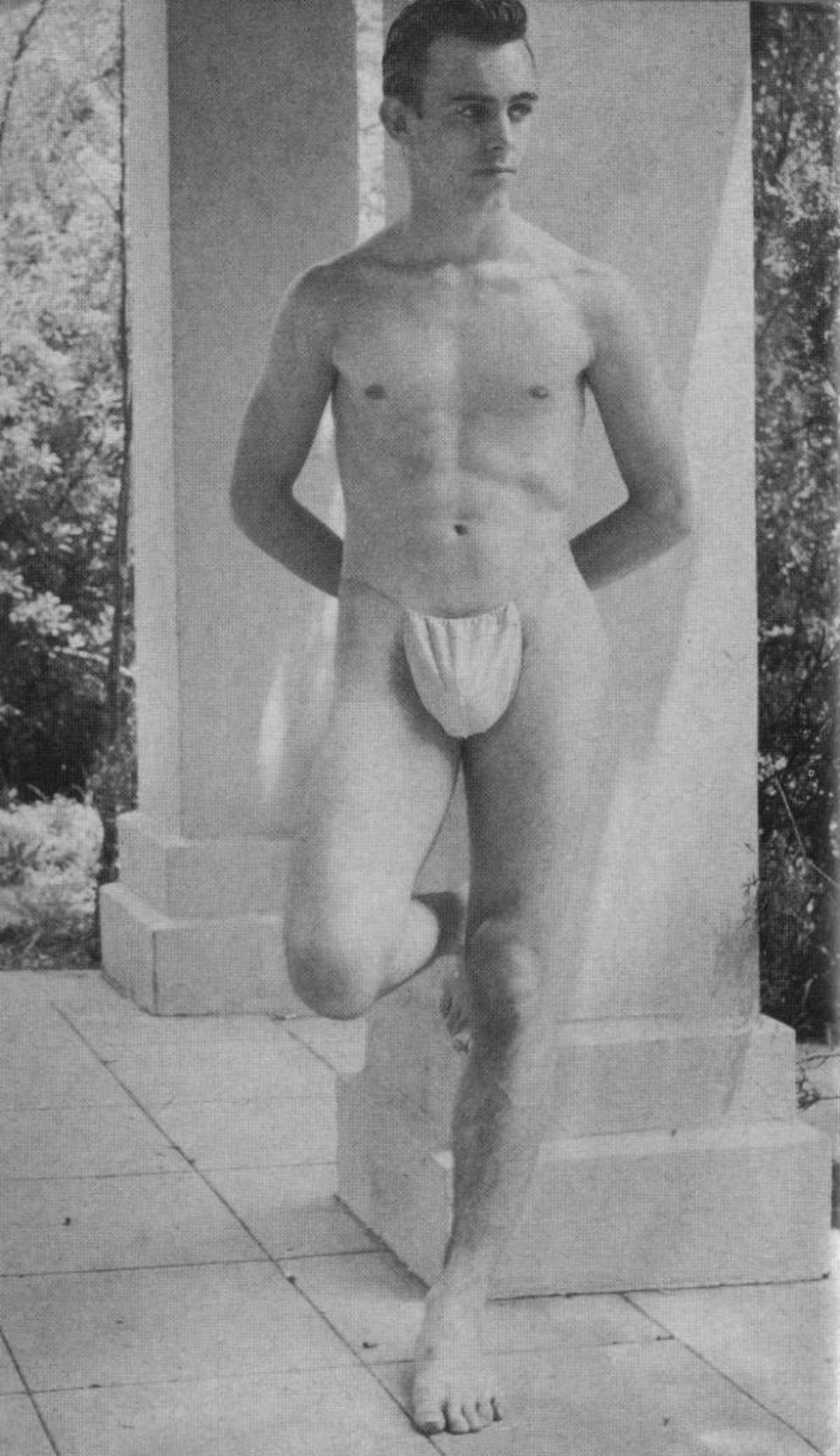
Roger Cote and Bob McNamra
Photos by AP-JZ.

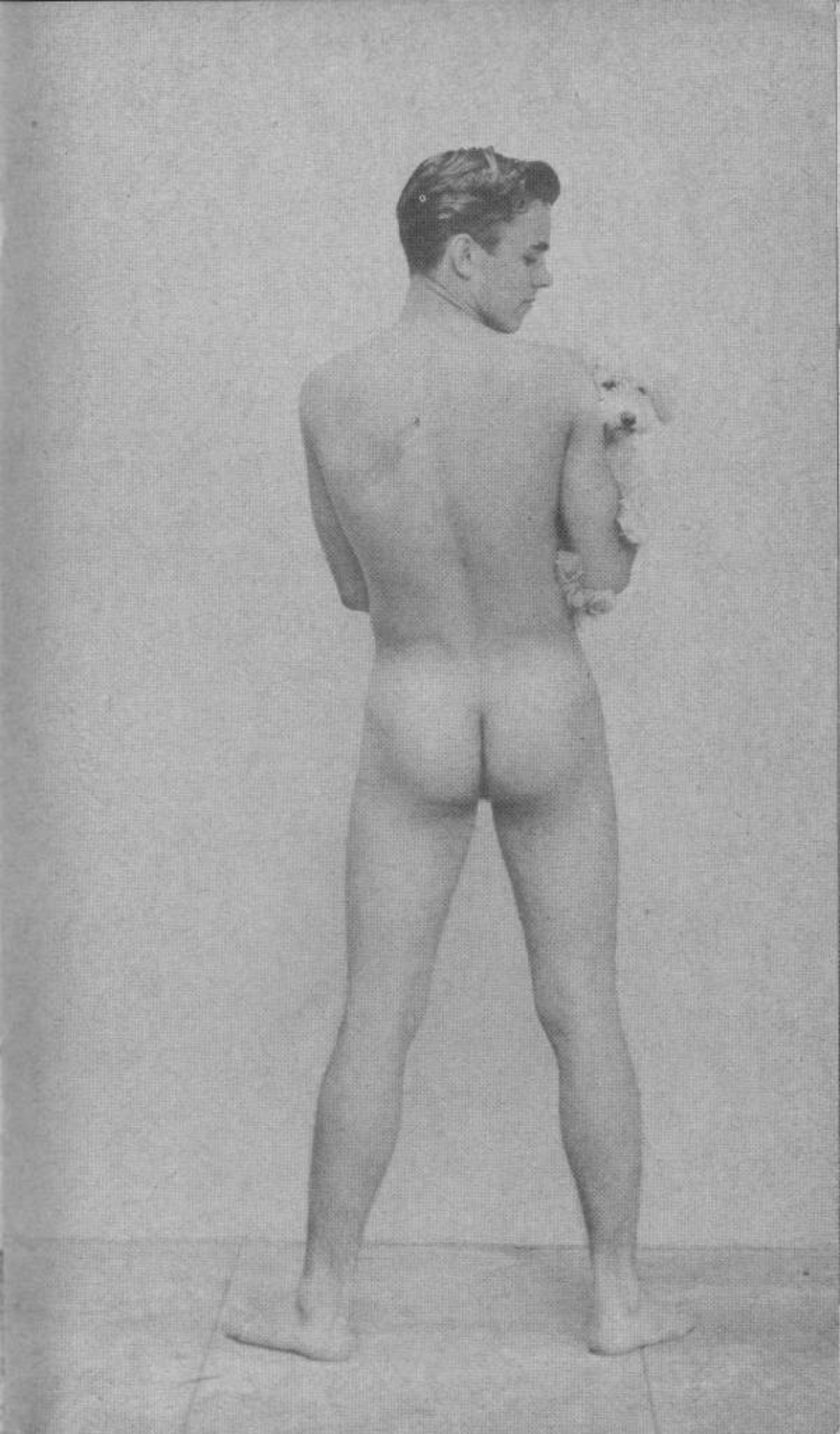
JIMMIE WILSON

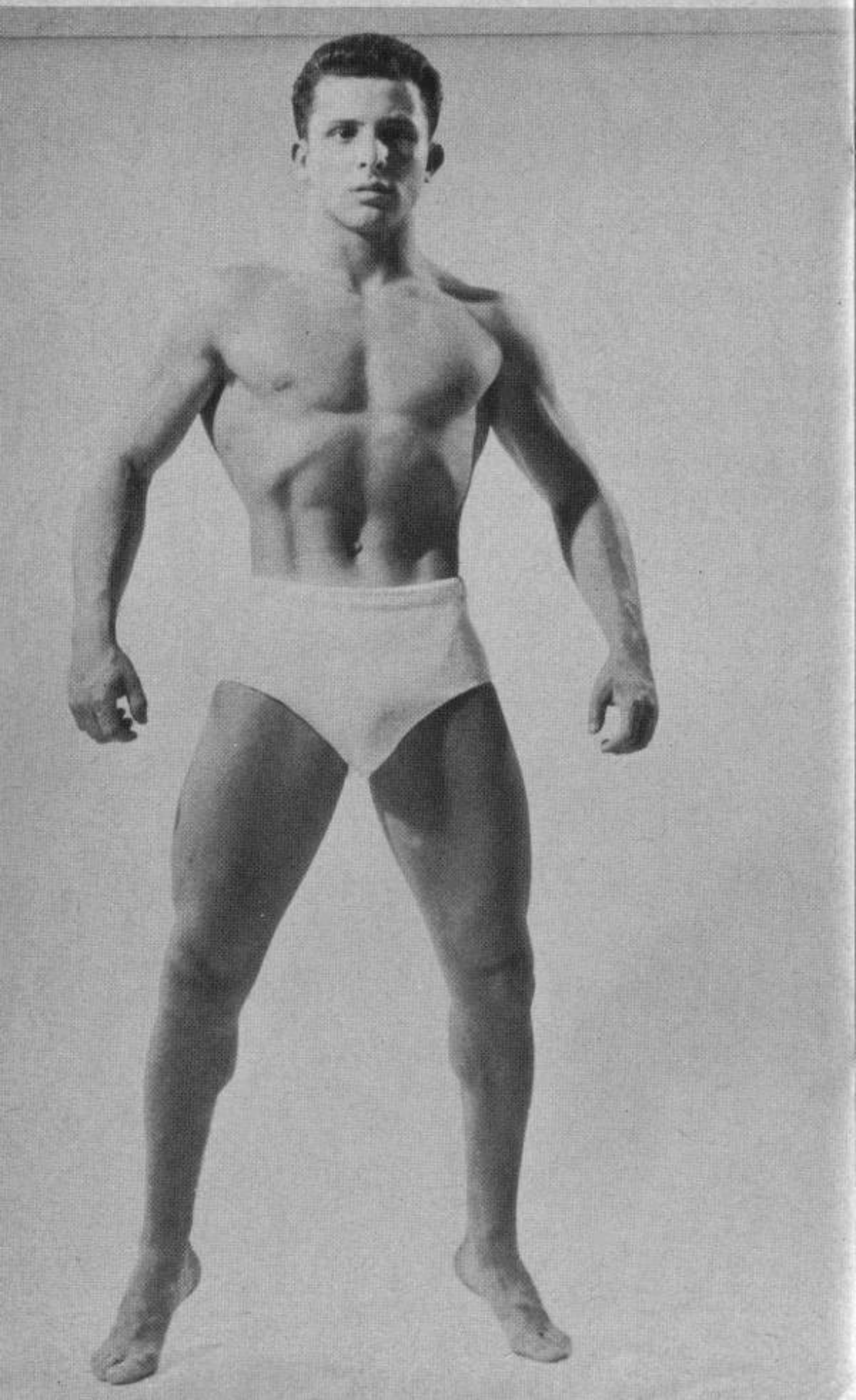
PHOTOS BY

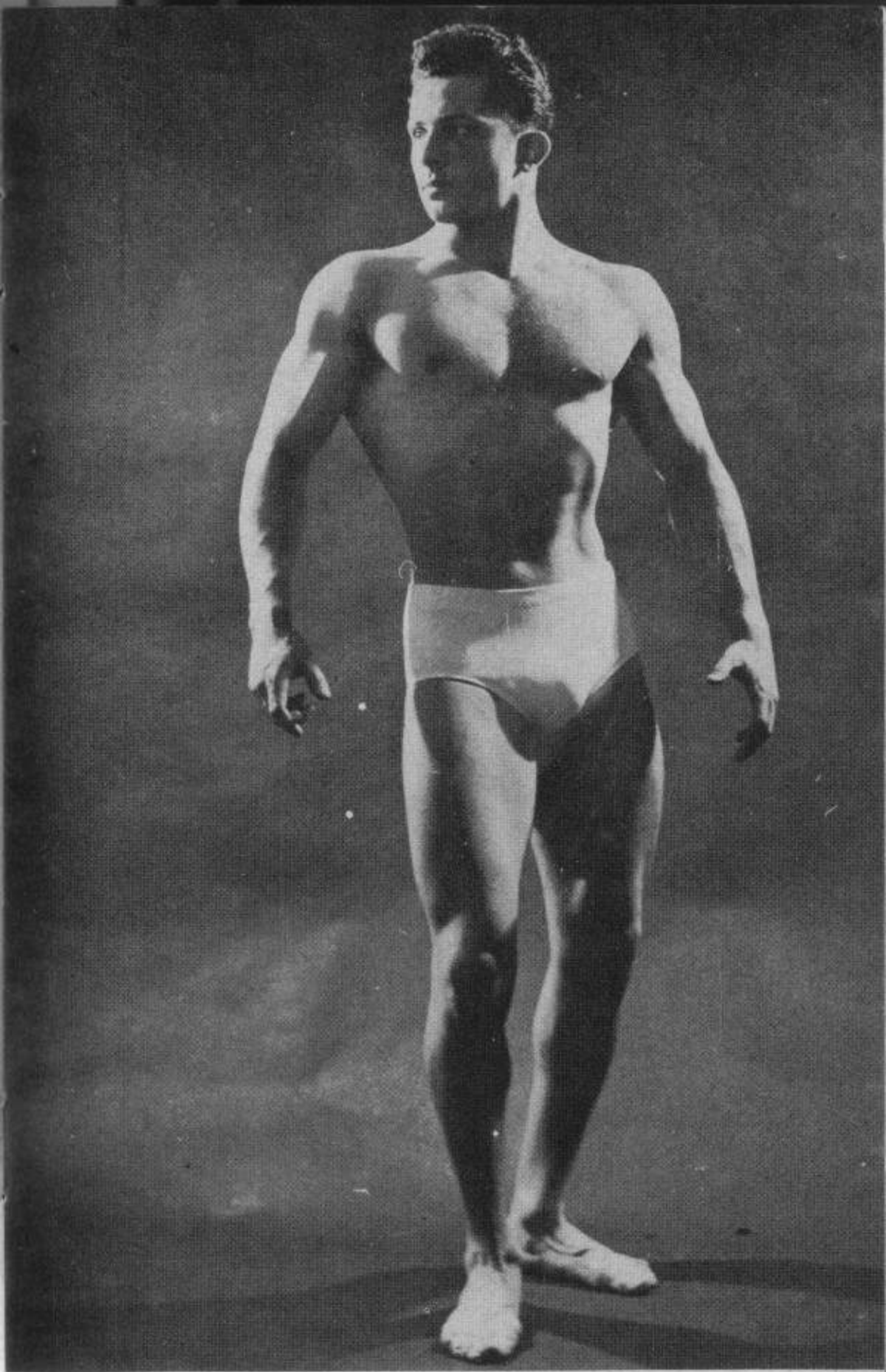
MILO



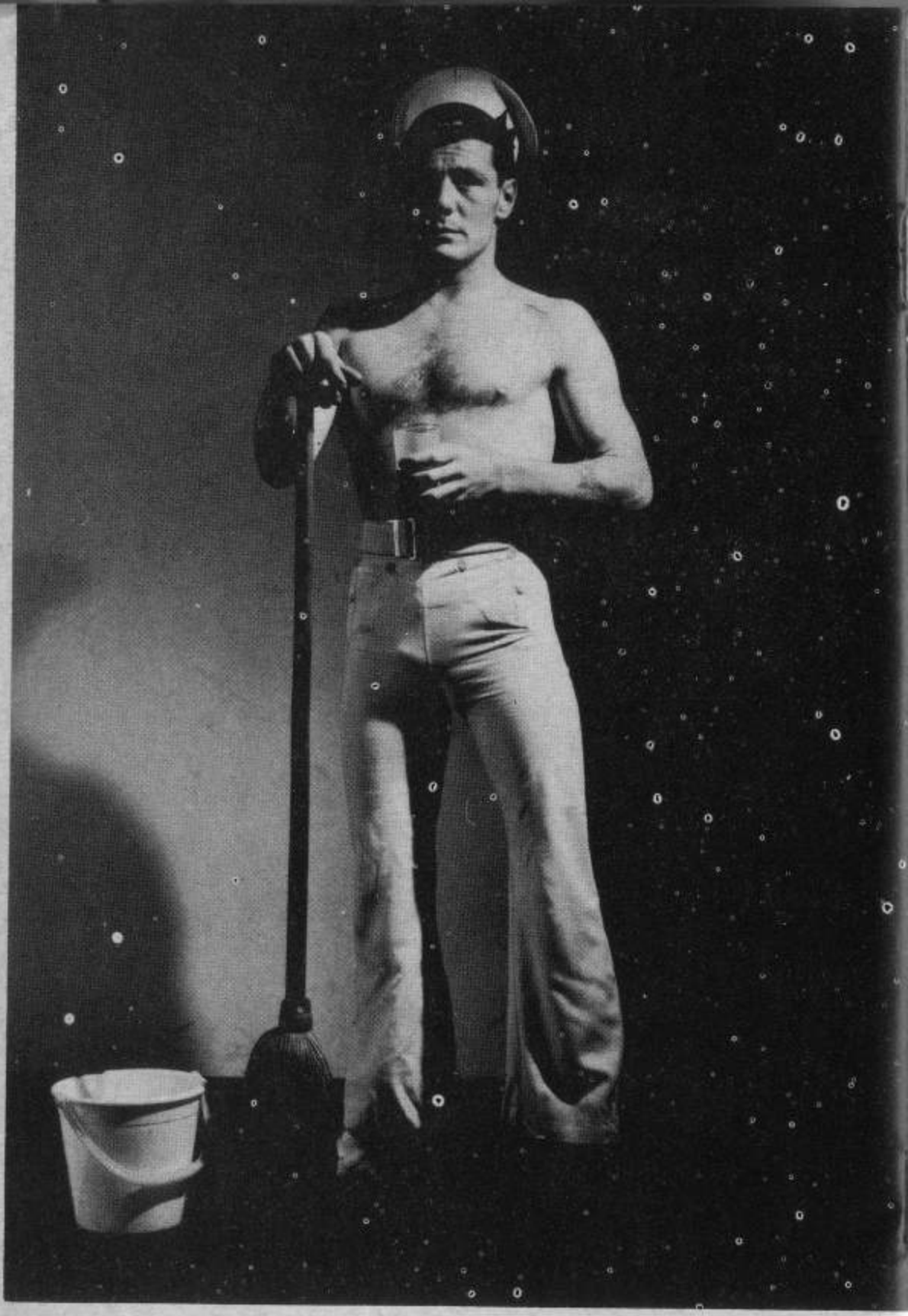




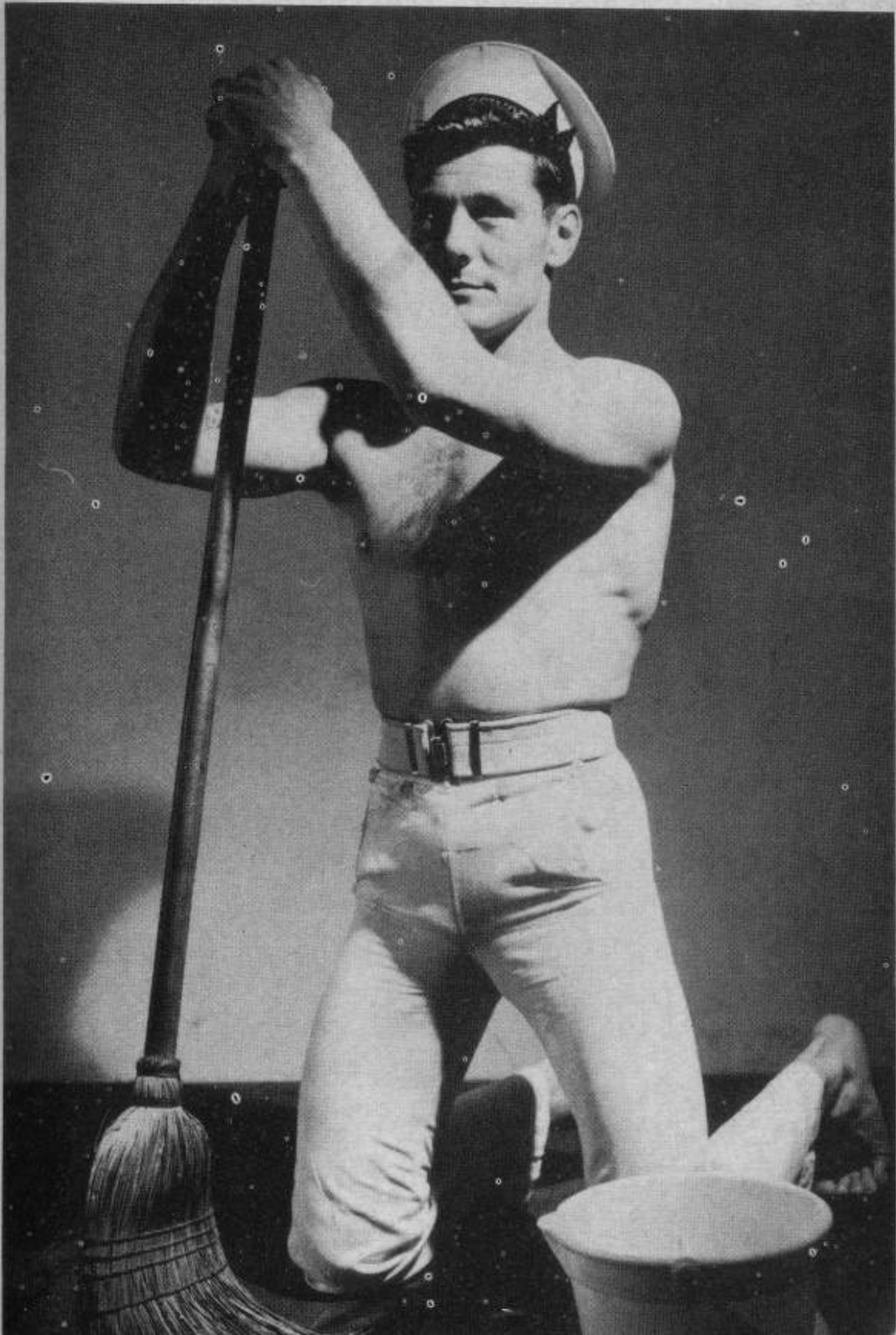




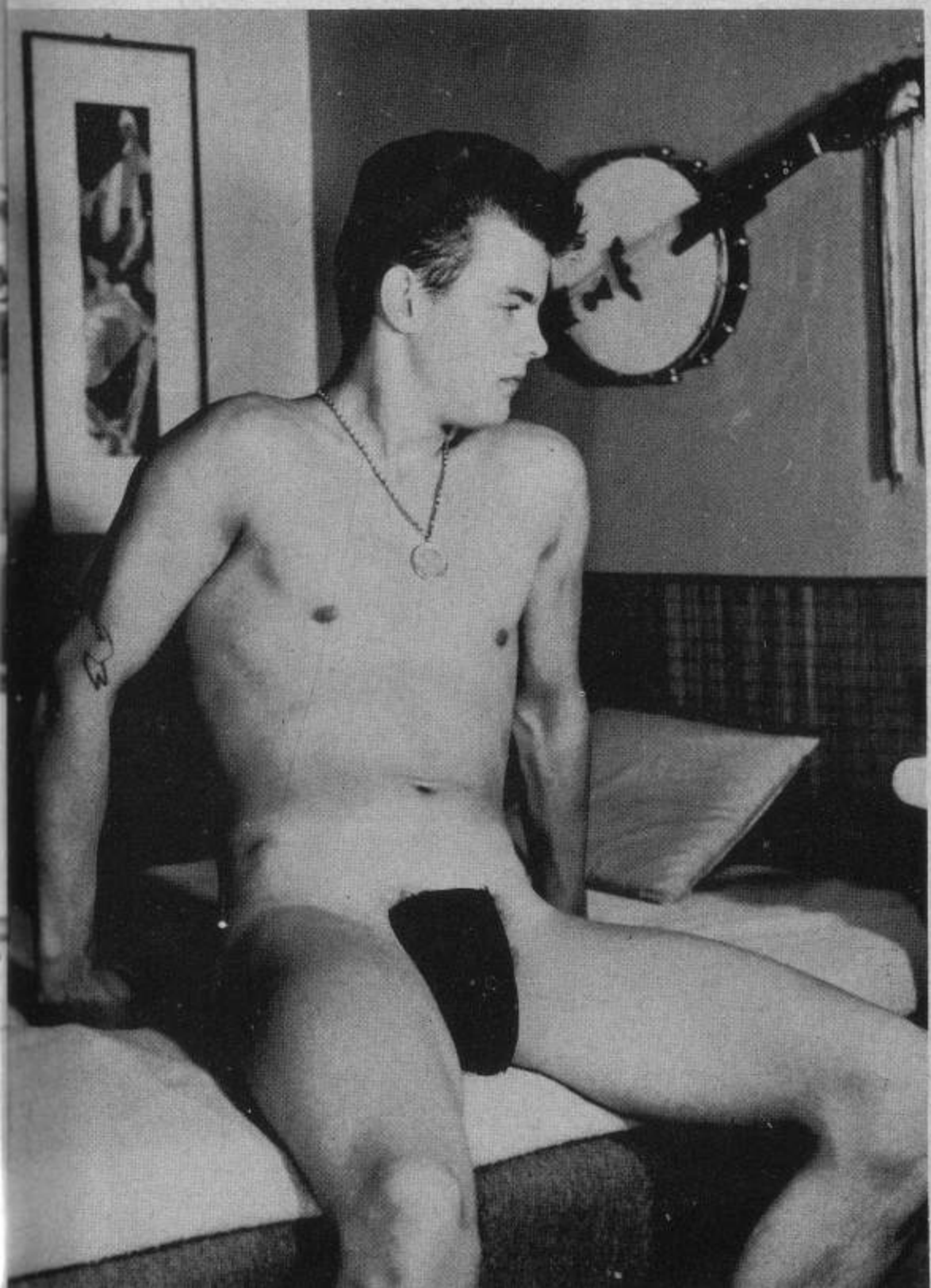
RICHARD MAROTTO
Photos by D

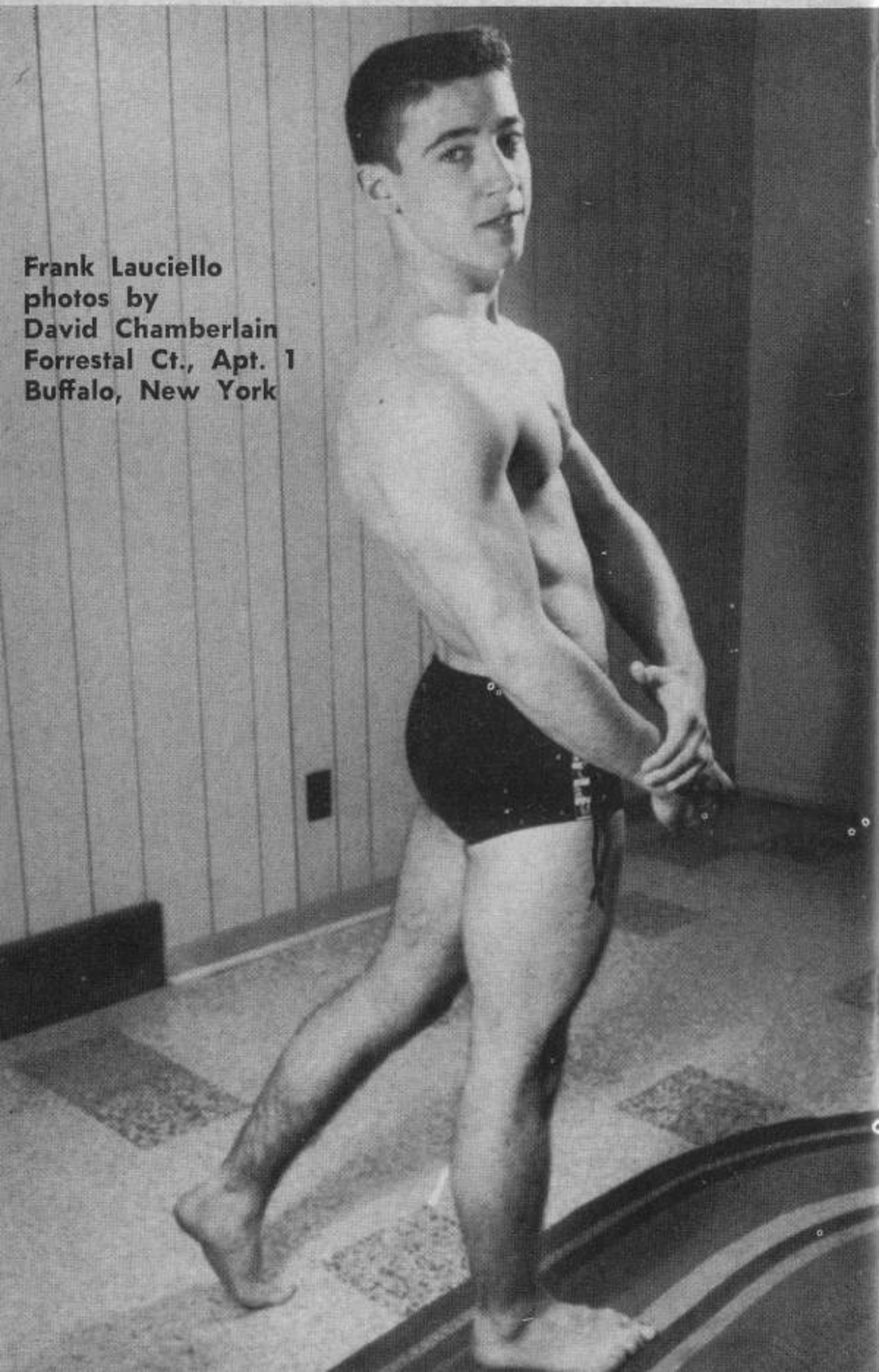


PETE VANDER
in photos by
HUSSAR STUDIO



CARYL KARMANN
IN PHOTOS BY
FOTO GRAFO





Frank Lauciello
photos by
David Chamberlain
Forrestal Ct., Apt. 1
Buffalo, New York

Definition of Instant:

in'stant n
a very sh
ter, add
a glass of
really me

Definition of Instant:

in'stant *n.* (L. *instans.*) A moment, a very short time . . . for that matter, add some Insta-Pro powder to a glass of milk and see what instant really means!

AMERICA'S BEST Instant Protein

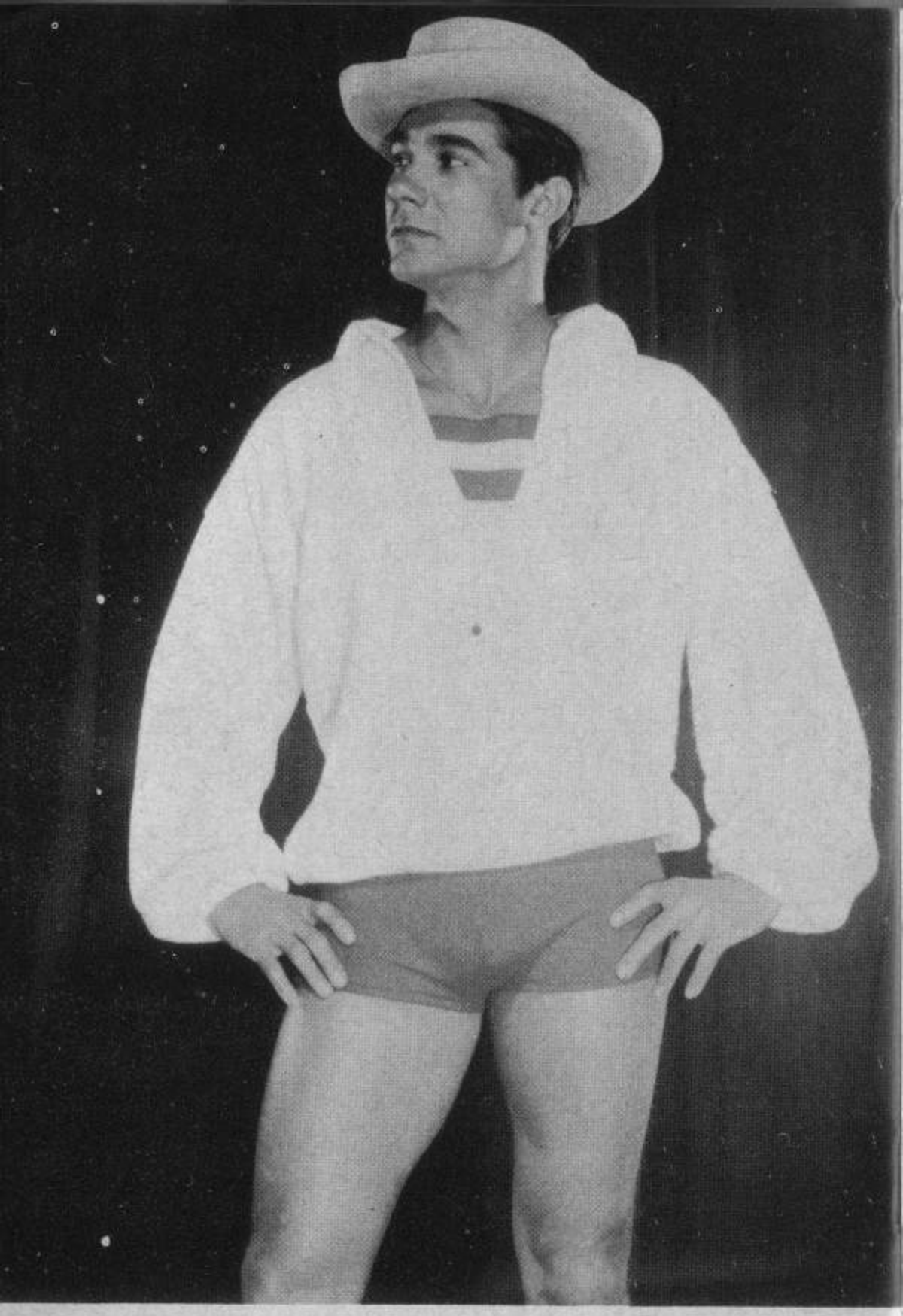
Delicious Insta-Pro furnishes 60% protein of high biological value, especially formulated to help you build **pounds** of solid muscle! Contains all the essential amino acids.

14 ounce can **$5.95**

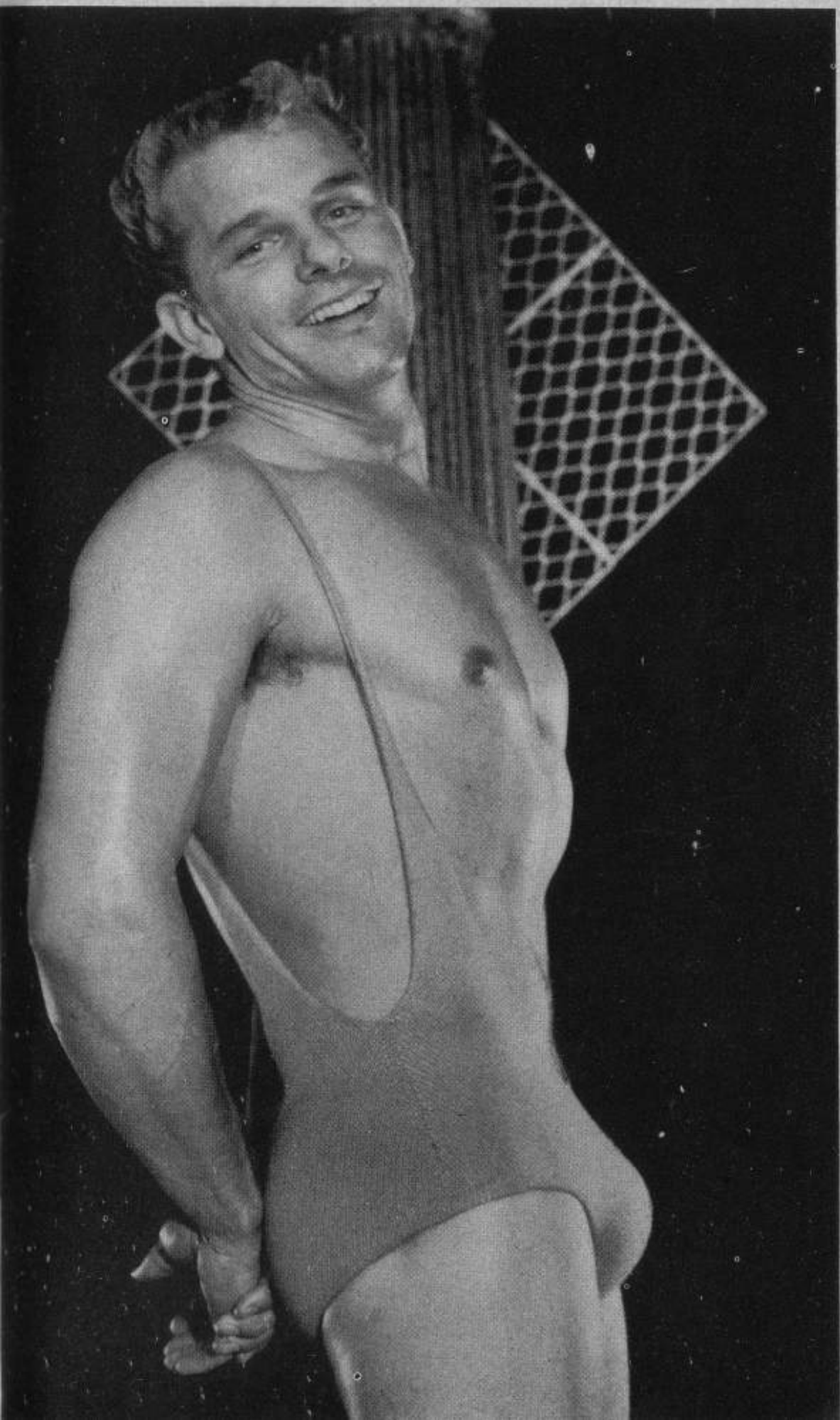
4 pound can **$17.95**

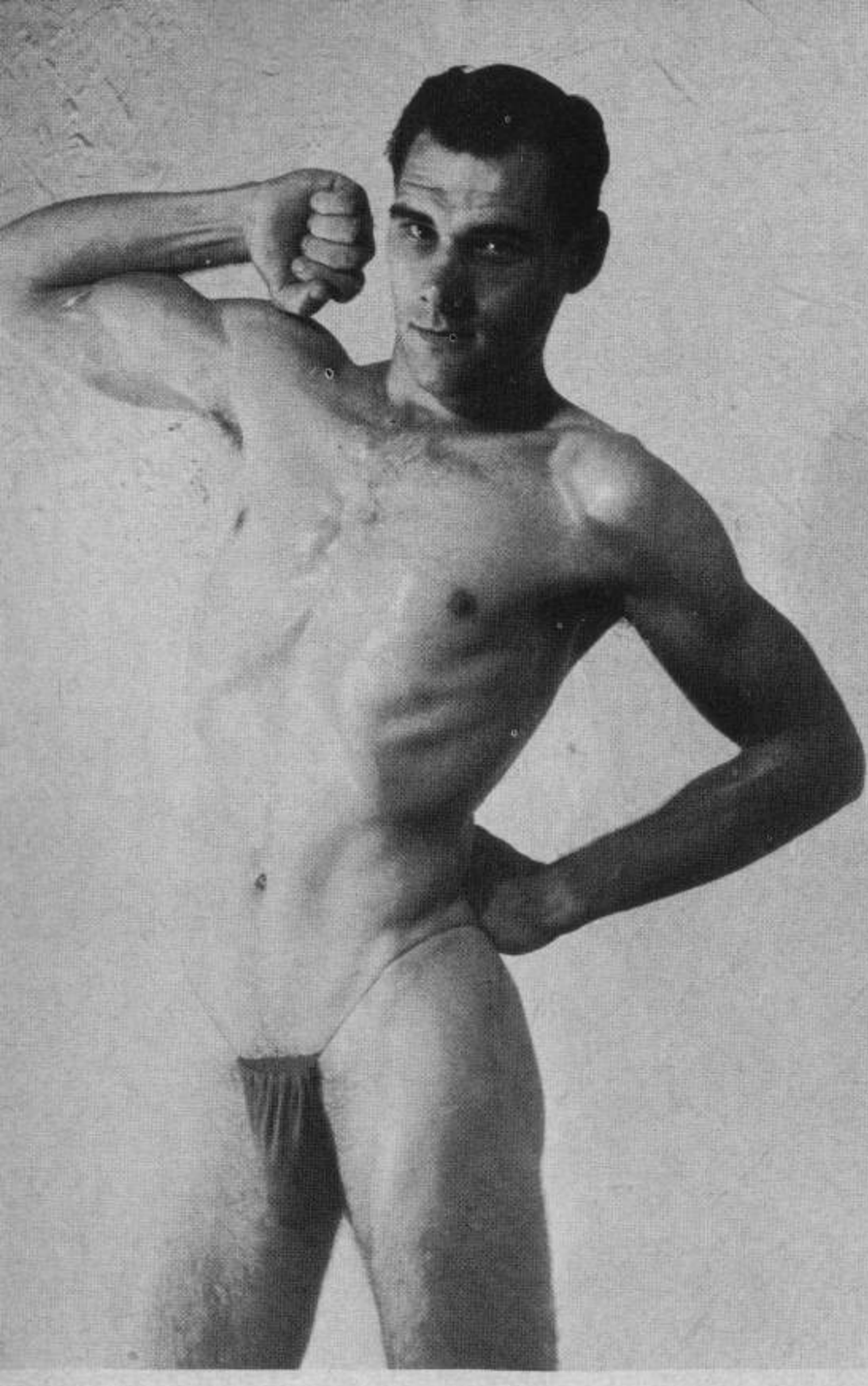
Prices complete as quoted, Prepaid to your door.

Order from VITA-MAN Laboratories, Inc.
P.O. Box 568, Benjamin Franklin Station, Washington 4, D. C.

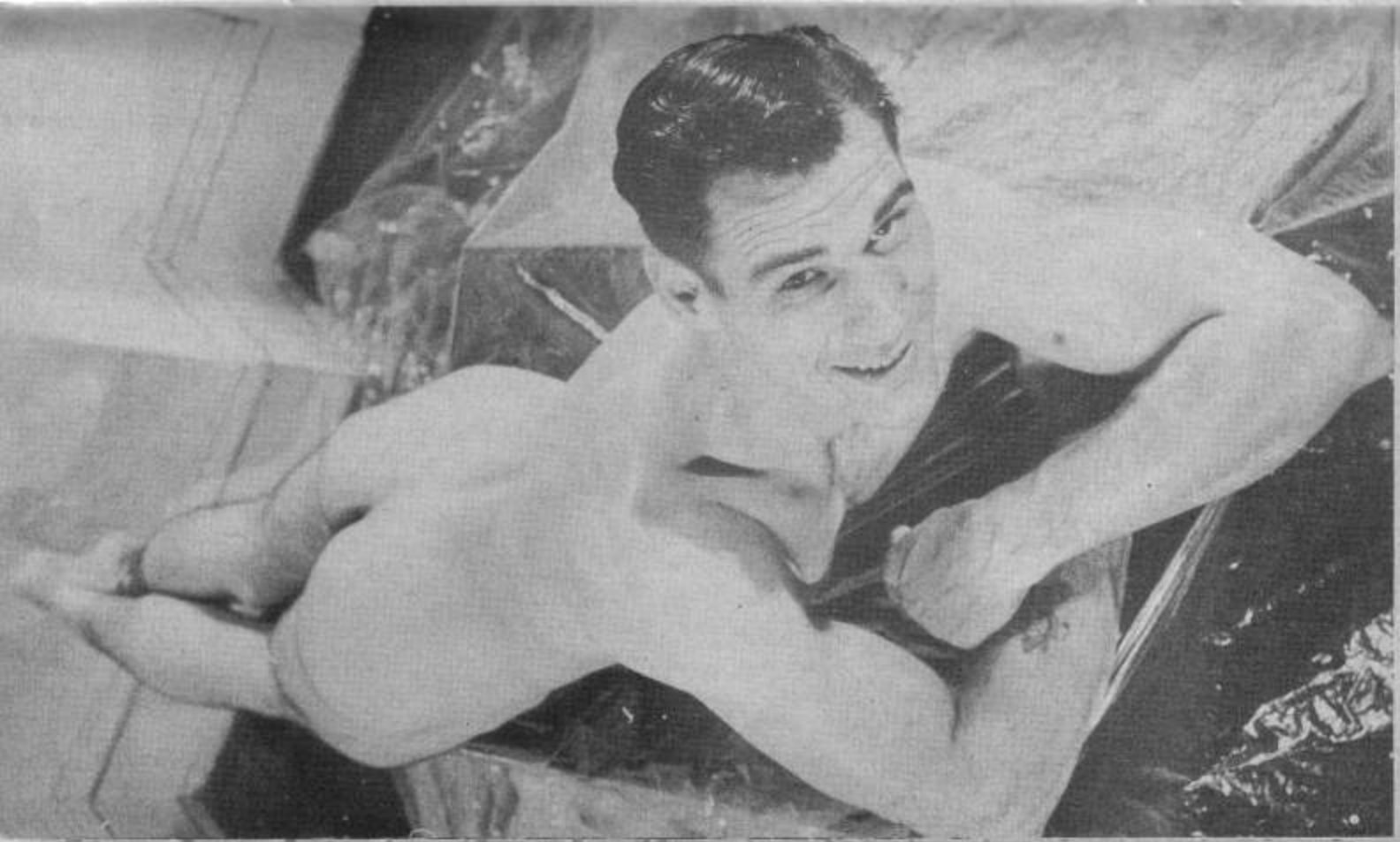


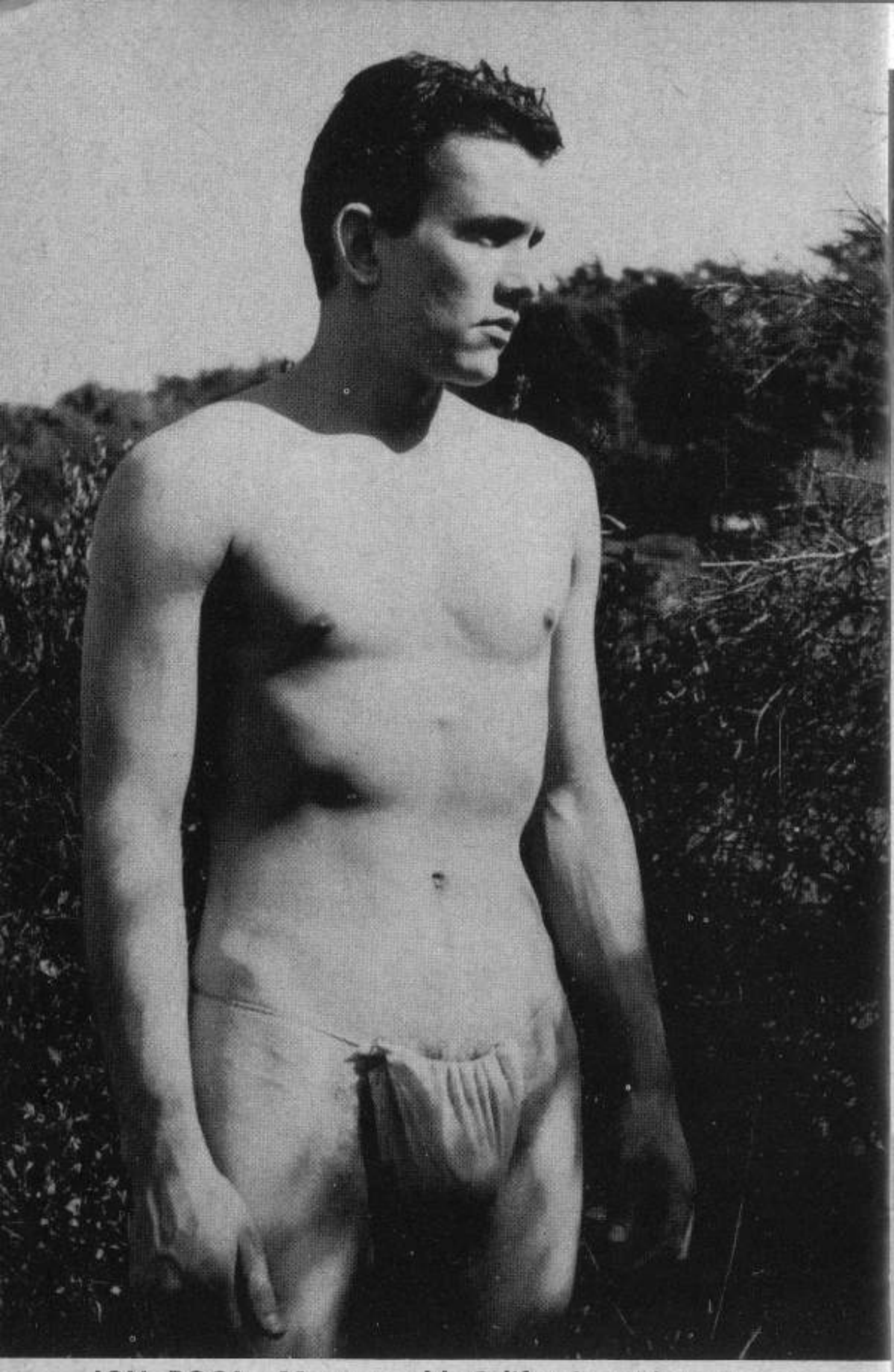
JARDEL Custom Knitting is displayed at its finest in this and the photo opposite. Jardel, PO Box 69965, West Hollywood 69, California.



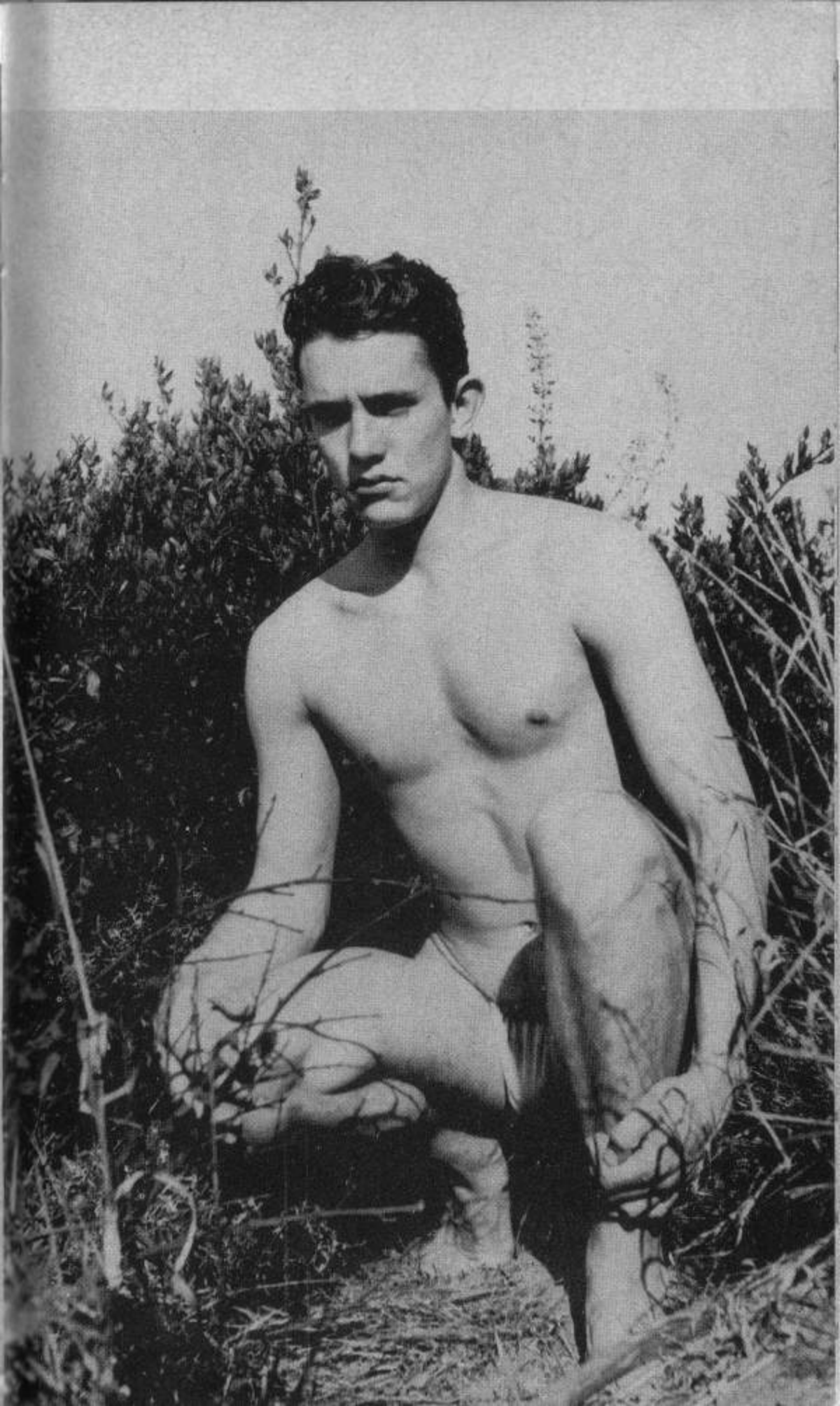


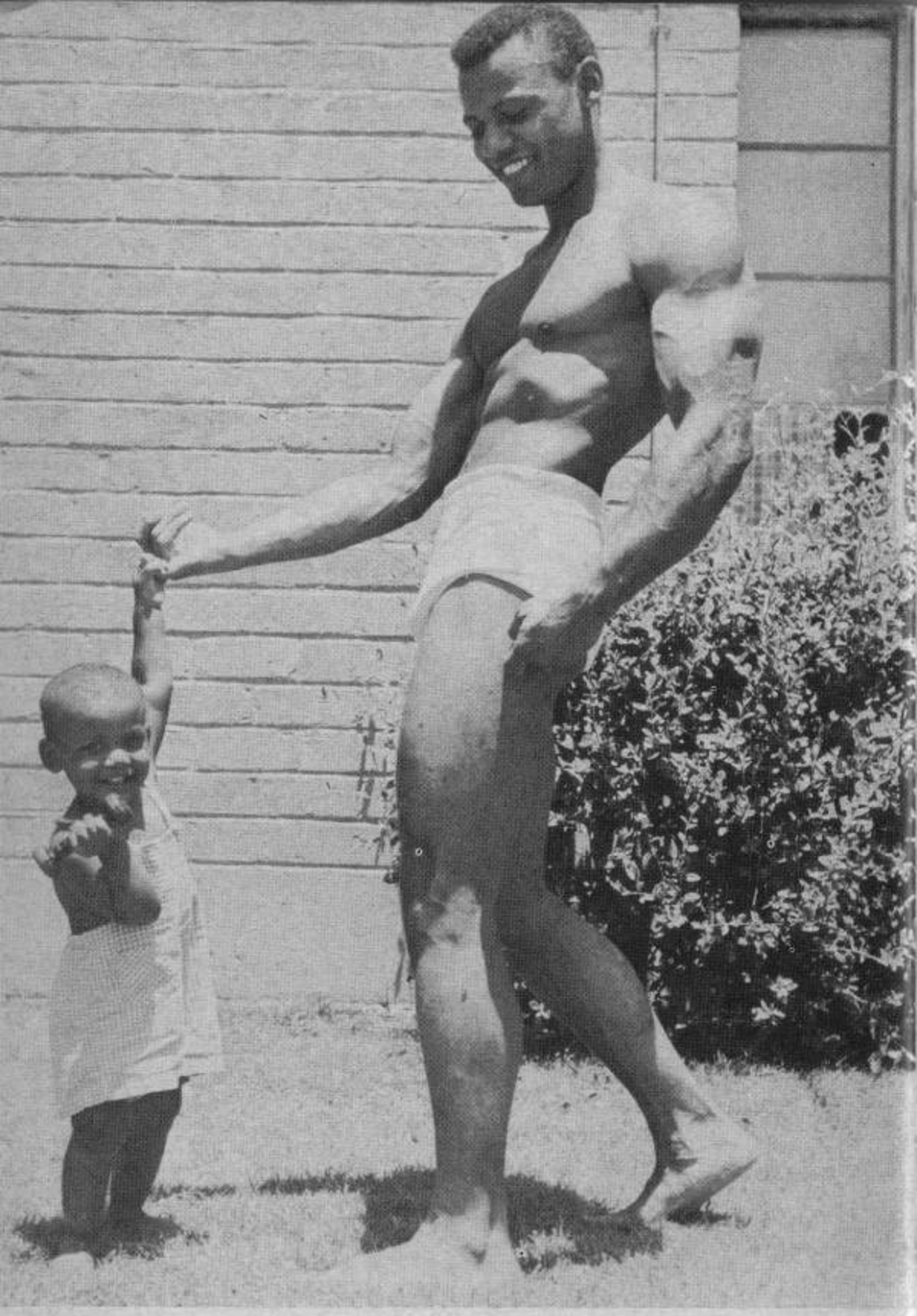
DICK HELIN
photos by
PLATO



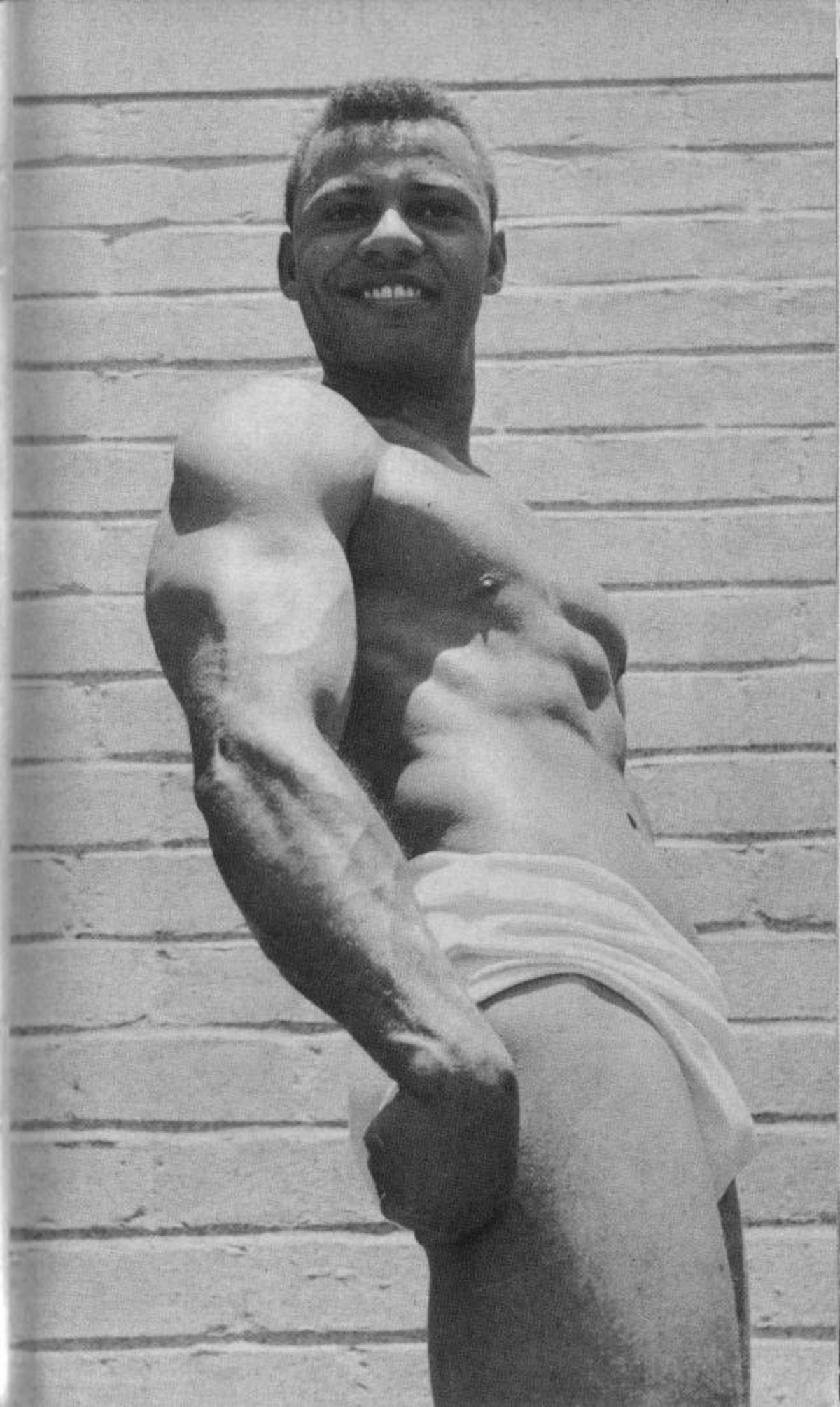


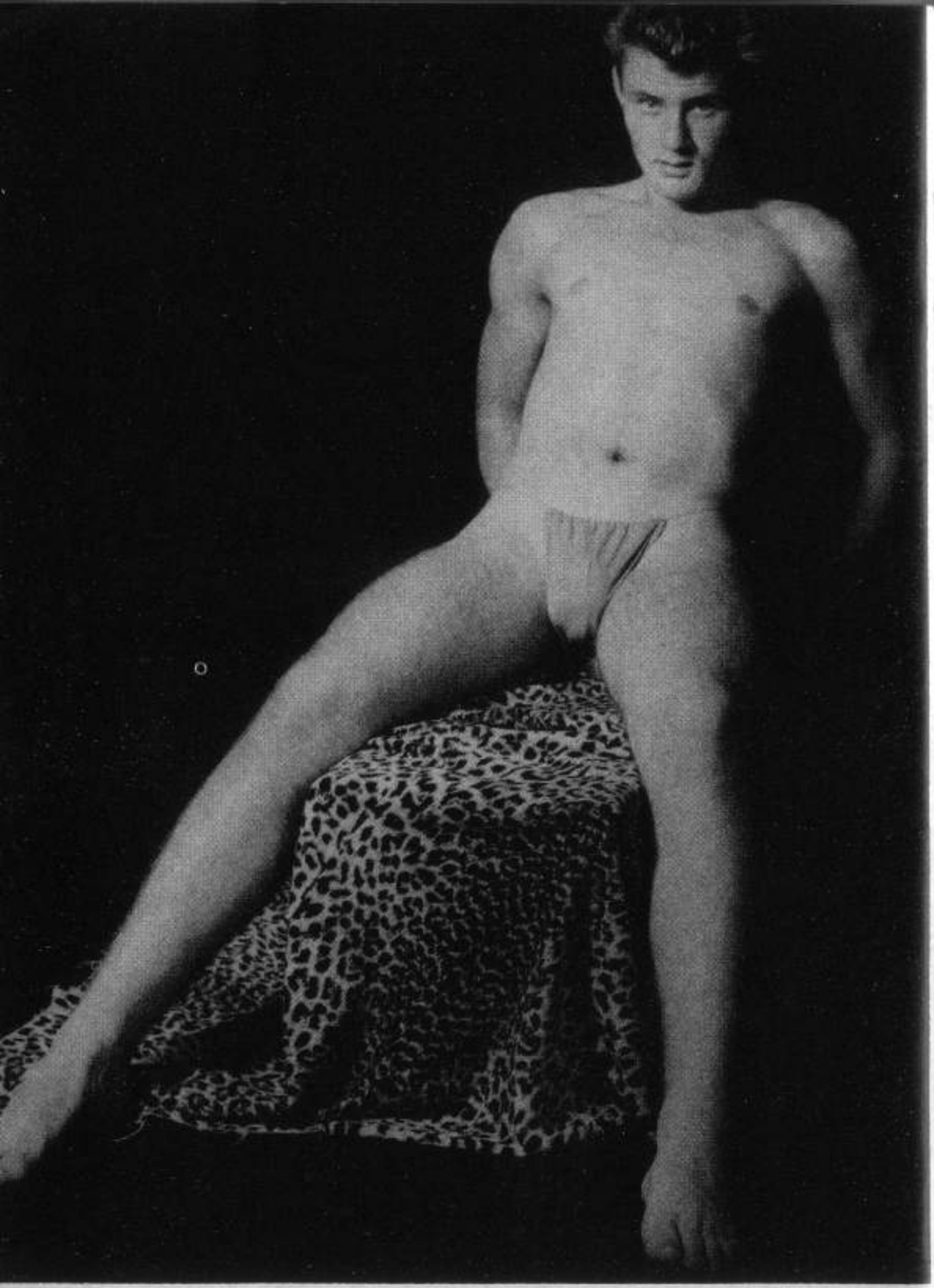
JON ROCA, 21 year old California swimmer. Photos by WILLARD.



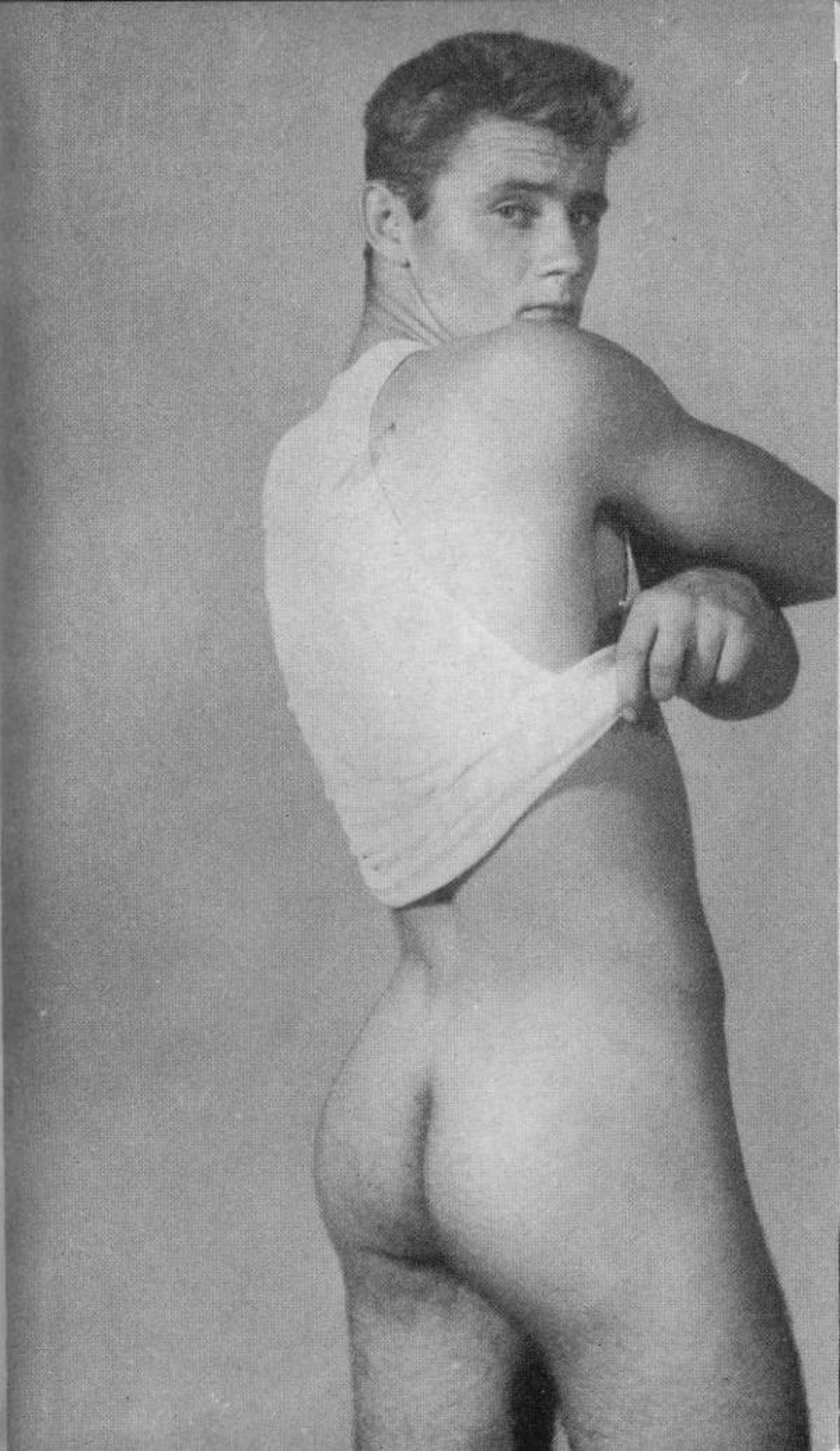


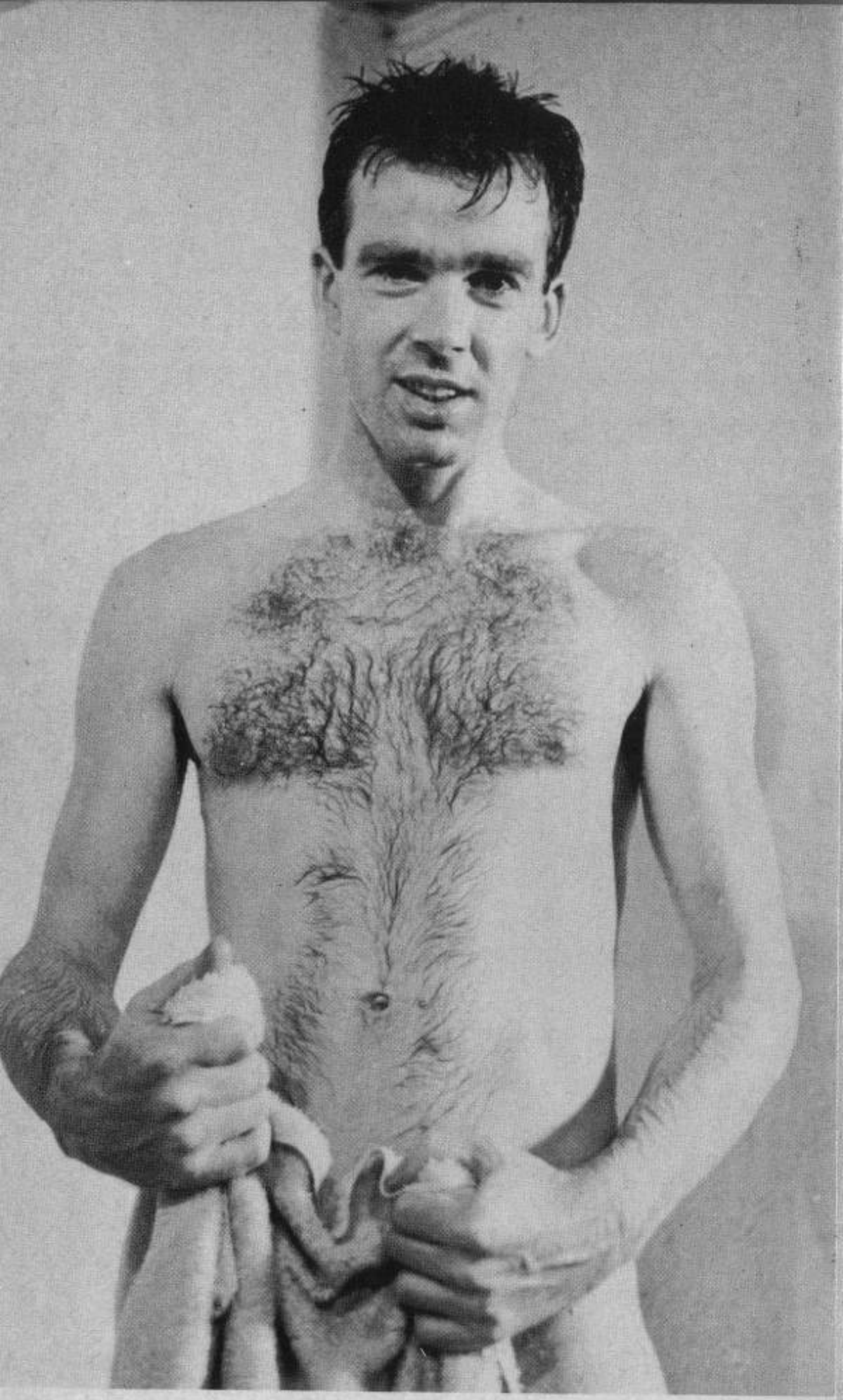
JAMES JOSEPH and son STEPHEN in photos by KEN WALLACE.

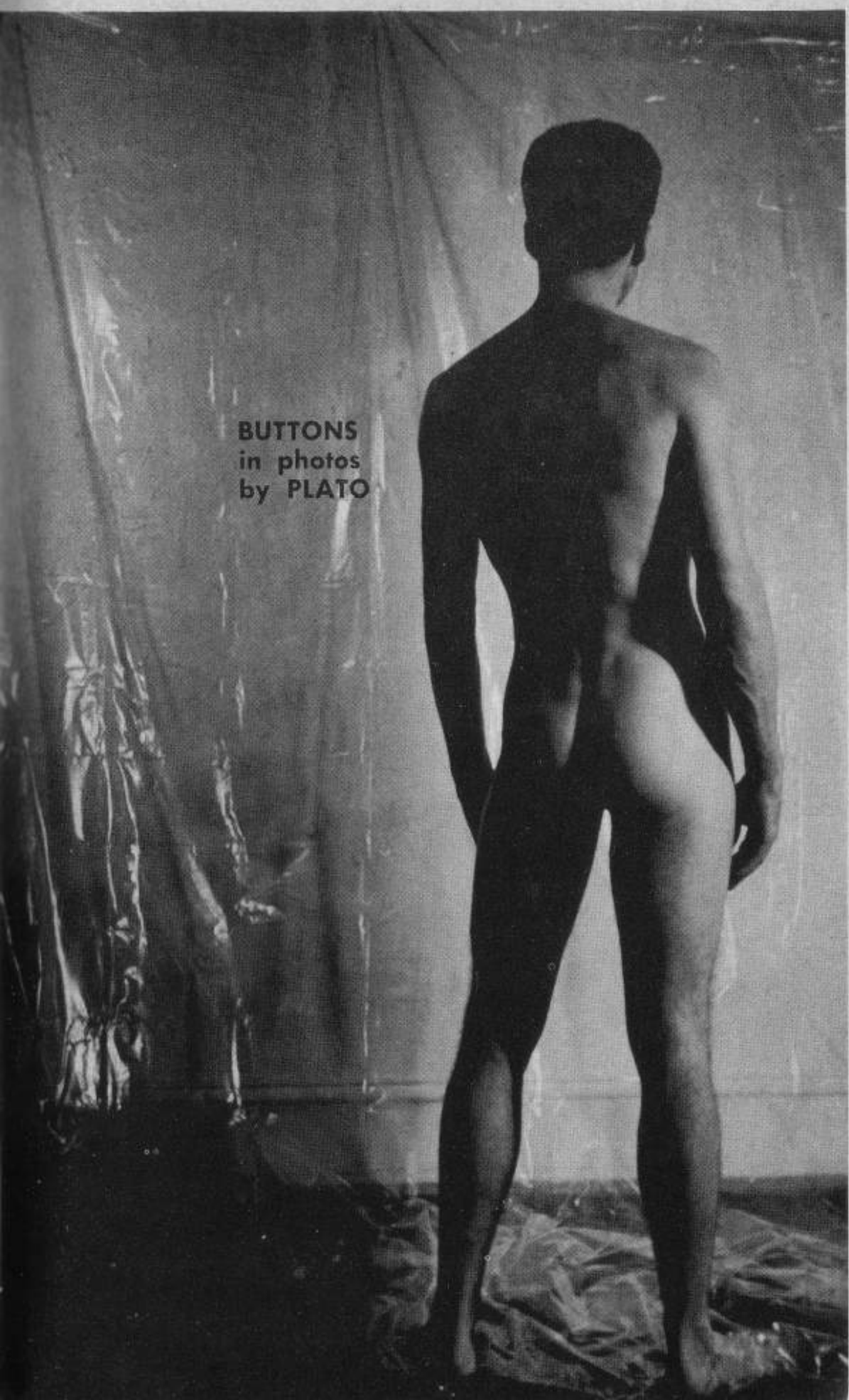


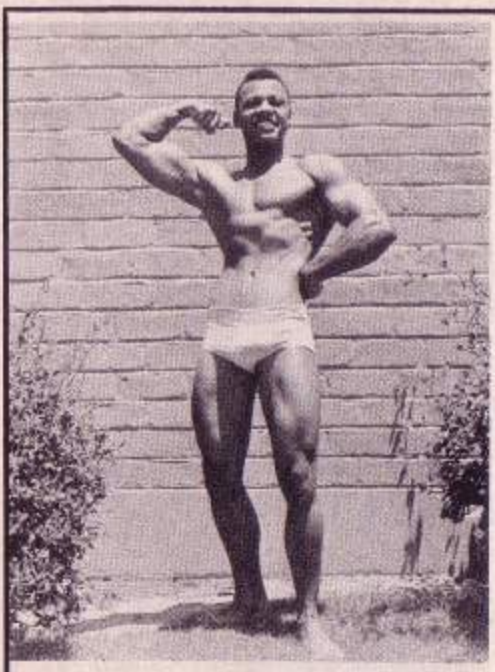


JOE BAYSE
photos by
KRIS






BUTTONS
in photos
by PLATO



JAMES JOSEPH, 27 years, 5' 6½" tall, 146 lbs., 27" waist, 15½" bicep, 42" chest. He is a member of the Horseshoe Stage Workshop in Hollywood, devoting most of his energies to a career in dramatics. He uses cables and moderate weights to keep up his physique. Also plans to compete in this year's "Mr. Venice" contest aiming for the "Most Muscular" title.

23 poses Set of 3½" enlargements: **$6.00**

Ken Wallace

PO Box 38471, Vine Station **Los Angeles 38, Calif.**

KENNY

Youthful teenage model from California. 8 x 10 selector catalog on this model — $1. 4 x 5 set of prints on Kenny for $2.

Cal-Models

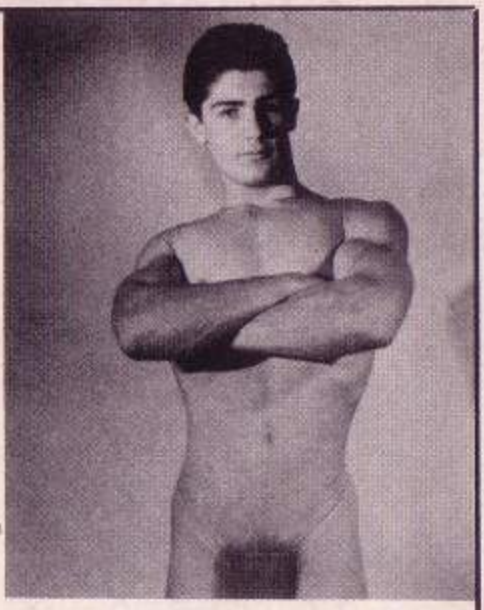
P.O. Box 285 **San Francisco 1, Calif.**

Photography by

plato

This new "Artist With a Camera" presents Five outstanding new Models in Superlative poses.

* **Graham**
  Billy
  Richard King
  Joe Cali
  Don



All Plato pictures come in sets of six "King-Size" 5 x 7 prints on borderless (this gives you more picture for your money) high quality luster "portrait-type" paper. For only $3.50 a set. Order by the name of the model. There are two sets available of Joe Cali and sets of 35mm slides are available of Joe Cali and Richard King for $3.50 a set of six.

AL URBAN

Dept. T
406 EAST 73rd STREET
NEW YORK 21, N. Y.

CATALOG NO. 12!

AL URBAN, world-famous physique photographer proudly presents his very LATEST catalog (No. 12)—Featuring some of the very FINEST physiques from New Jersey and New York! This LATEST release is hailed by LEADING artists everywhere as being his greatest work and contains 54 aritstic poses which include S-I-X beautiful OUTDOOR pictures taken of one of his best models near a WATERFALL in North Jersey woods!! ALSO on the URBAN agenda are MOVIES, STEREO shots and 35mm transparencies taken of his famous models against scenic backgrounds (mountains—sand dunes—by-the-sea, etc.) in COLOR! Send in your remittance of $1 for Catalog No. 12 to . . .

WORLD'S OUTSTANDING PHYSIQUE PHOTOGRAPHER

ARTISTS

AMATEUR **PROFESSIONAL**

We Are Interested in Considering PHYSIQUE ART Suitable For Publication — Including

Classic **Contemporary**

Black and White **Color**

Serious **Humorous**

Singles **Series**

- Extensive and diverse material needed at once.
- Payment modest, but immediate.
- Prompt editorial consideration.
- We will help you market your work.
- All material to be returned must be accompanied by stamped, self-addressed envelope.
- Failure to send stamped, self-addressed envelope will be construed as permission to publish material upon payment of standard fee without further correspondence.
- Please safeguard material submitted so that it will not be damaged in transit.

Fizeek Art Quarterly

P. O. Box 385 **Franklin Station**

Washington 4, D. C.

Falcon presents!

Jim Stewart	**Tom Crabbe**	**John Magdalena**
Dale Curry	**Arlan Marshall**	**Jim Manning**
Don Deckman	**John Jolcin**	**Lyle Stevens**
Don Fuller	**"Mr. Bauman"**	**Bob Jones**
Kurt Freeman	**Nelson Barry**	**Barney Sherman**
	Don Banks	

AND

A new and exciting concept in physique photography . . .

ONE SIZE • ONE QUALITY

6—5 x 7 brilliant prints on highest quality paper **only $3**
For Our Two Catalogs and More Information Send: **only $1**

Falcon Studio

Box 568, Franklin Station **Washington 4, D. C.**

SCOTT presents...

REINHARD LICHTENBERG

■

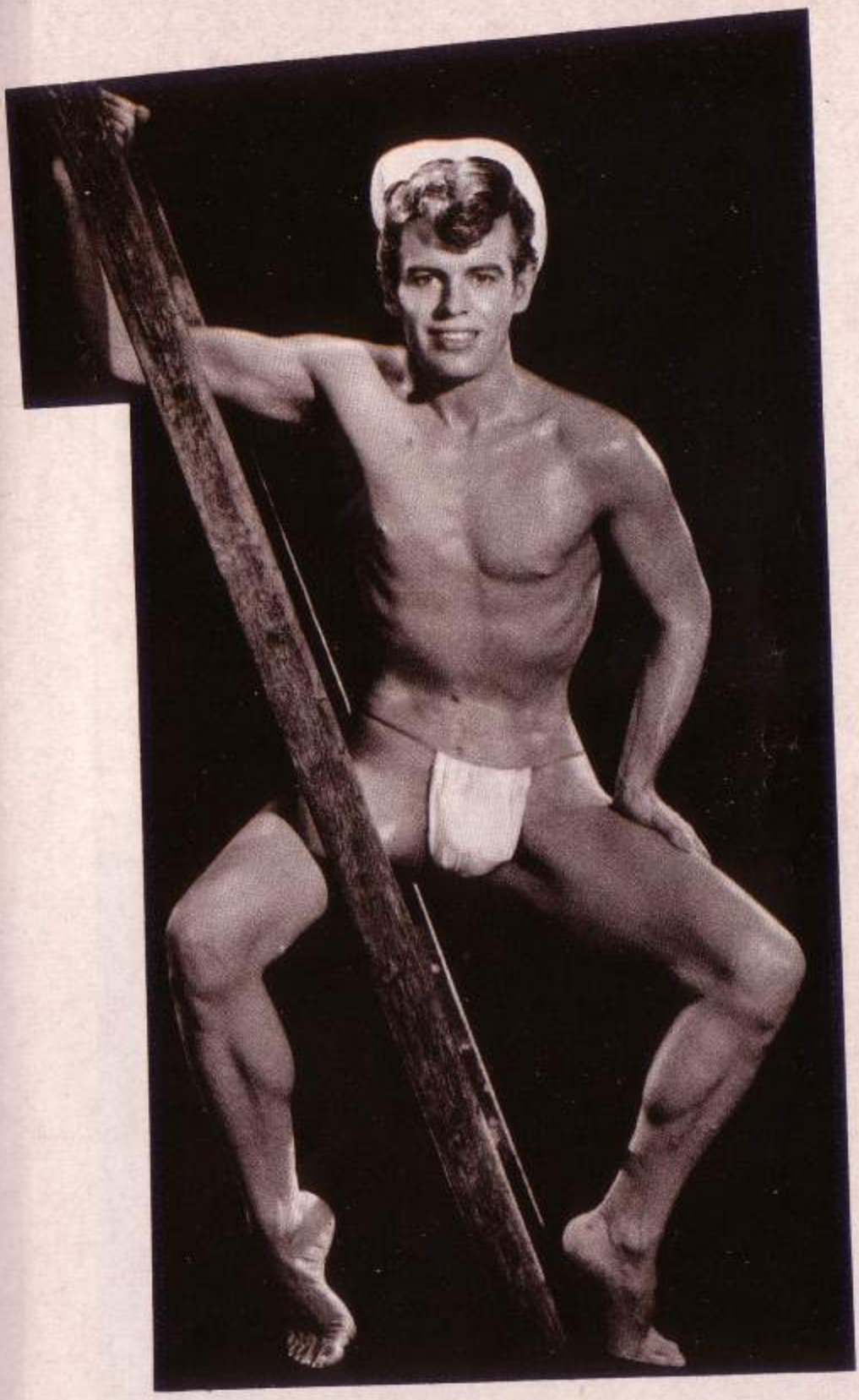
Send TWO dollars (10/-) NOW for this catalog of ten small photos showing the model featured here.

We will include our NEW FULLY ILLUSTRATED booklet of exciting photos and drawings.

■

SENT AIRMAIL!!

SCOTT photography **96, Leather Lane, London, Ec. 1.**



The Fabulous
JIMMY DALE
in new photos
by DON'S MODELS

JIMMY DALE

Young

Blond

Sailor

☆

Send one dollar for Cat. E7 or E8, of ten small black and white photos.

EIGHT 4 x 5's.....$ 3.00
SIX 8 x 10's.....$10.00

NEW Fabulous Jimmy Dale in Full Color! Send $2 for Cat. E9.

DON'S

Models

BOX 8071
PHILADELPHIA 1, PA.

KRIS STUDIO

P. O. Box 1251
Chicago 90, Illinois

Series JM-66A and JS-66B

Each set contains eight solo poses of handsome muscular teen-aged

JOHNNY MENENDEZ

4 x 5—$2 per set
8 x 10—$7 per set

KRIS NO. 5—giant 24-page catalog of other models and physique painting still available — — — — — — — $1.00

POSING STRAPS

by

CAL-TREND

These posing straps are hand made of the finest materials in the following colors: White, Black, Dark Blue, Grey, Yellow, Red, Pink and Light Blue $1.50

Deluxe posing straps in these fabrics: Leopard Velour, Metallic Gold, and Metallic Silver $2.95

FREE Catalog

No C.O.D's.

SEND ORDERS TO

CAL-TREND SPORTSWEAR CO.

P.O. Box 237 — Station 4 North Hollywood, California

MILO SERIES 284

JIMMIE WILSON

•

EIGHT BORDERLESS 4 x 5 PRINTS ON DOUBLEWEIGHT HIGH-LUSTRE PAPER FOR $3.00. AIR MAIL 25c EXTRA.

•

Milo

of

Los Angeles

601 S. VERMONT AVE.

LOS ANGELES 5, CALIF.

Finest Quality **WHITE POSING STRAPS** . . . only $1 each

ORDER FROM

Capital Studio

Box 2512 Washington 13, D. C.

Fizeek

DIRECTORY

Listed below are the artists and photographers with whose work FIZEEK is familiar and urges its readers to support. Send $1.00 for catalogs.

> ***Photographers whose names appear under photo credits but who are not listed in the Directory do not have any photographs for sale.***

AP-JZ Productions, 5880 Hollywood Blvd., Suite 775, Hollywood, Calif.
Adam, P.O. Box 889, Grand Central Station, N.Y. 17, N. Y.
Bob Anthony, 910 West End Ave., N. Y., N. Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd., Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 1302 E. Pike, Seattle 22, Wash.
Atelier, Alpha, Box 6239, Johannesburg, South Africa
Athletic Model Guild, 1834 W. 11th St., L. A. 6, Calif.
Atlas-Trade, P.O. Box 521, Aarau, Switzerland
B & B Studios, P.O. Box 65983, Gassel Sta., Los Angeles 65, Calif.
BC/T Studio, P.O. Box 749, New Haven, Conn.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
Capital Studio, Box 2512, Washington 13, D.C.
Colart, 76 King Street, Southall, Middx., England.
Photo by D. P. O., Box 183, Old Chelsea Station, N. Y., N. Y.
Domenique of London, Suite 35a, 119 Oxford St., London
Etienne, P.O. Box 1251, Chicago 90, Ill.
Eurphoto Muscles, Rue Haute 17, Adrimont, Belgique
Falcon Studio, Box 568, Franklin Station, Washington 4, D. C.
Jean Ferrero, 85 Boul. Ste. Agatha, 85 Nice, France
Forca e Saude, Rua Da Gloria 32, Apt. 702, Rio de Janeiro, Brazil
Foto Grafo, P.O. Box 326, Sundbyberg, Sweden
Fredon, Box 1407, Milwaukee, Wisc.
Frontier Athletic Club, c/o George Greig, 730 Emerald Street, San Diego, Calif.
John Graham, 173 Knightsbridge, Hyde Park, London, S. W. 7, England
Hale Studio, 750 Grand Concourse, Bronx 51, N. Y.
Dick Harrison, P.O. Box 46723, L. A. 5, Calif.
Hussar Studio, Studio 34, 3 Golden Square, London, W.1, England
Jock Studio and Agency, P.O. Box 404, Johannesburg, Transvaal, South Africa
Kris Studio, Box 1251, Chicago 90, Ill.
Mark-One, Box 32, Lachine, Que., Canada.
William MacLane Studios, P.O. Box 9012, Queen Ann St., Seattle 9, Wash.
Master Physiques, P.O. Box 247, Union City, N. J.
Merrimac Hill Studio, Box 24029, Village Sta., Los Angeles 24, Calif.
Milo, 601 S. Vermont Avenue T., Los Angeles Calif.
North Star, 21 Wascana, Toronto, Ont., Canada.
Pacific Films, 716 Key Route Blvd., Albany, Calif.
Pagan, Wellington, Chambers, Nicholas Croft, Manchester 4, England
Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
Plato, Box 94, Old Chelsea Station, New York 11, N. Y.
Grover Reagan, 17 Degraw Ave., Teaneck, N. J.
Rockstedt, Ludwig Landmannstrasse 25, Frankfurt a/Main, Germany
Royale, 110 Denbig St., London S.W. 1, England
John Ryan, 803 Mt. Royal, East, Montreal, Que., Canada
Scott, 96 Leather Lane, London, E.C.1, England
The Sophisticate, 6 Normal Blvd., Glassboro, N. J.
Spartan, Box 46905 West Branch, L. A. 46, Calif.
Spectrum, P.O. Box 35, Sta. E., Cincinnati 19, Ohio
Stan, Box 614, Gothenburg 6, Sweden
Sven Swede, Fack 53, Stockholm 20, Sweden.
TYC, Box 365, El Cerrito, Calif.
Titan, P.O. Box 1313, San Francisco, Calif.
Al Urban, 406 E. 73rd St., N. Y. 21, N. Y.
Ken Wallace, P.O. Box 38471, Vine Sta., L. A. 38, Calif.
Western Photography Guild, Box 2801, Denver 1, Colo.
Don Wight, 67 Bedgord St., New York 14, N. Y.
Willard, P. O. Box 352, Grand Cent. Sta., N. Y. 17, N. Y.
J. Zenith, Box 775, 5889 Hollywood Blvd., Hollywood, Calif.

BACK ISSUES OF *Fizeek*

At the present time all back issues of **FIZEEK** are available although many of the earlier issues are becoming scarce.

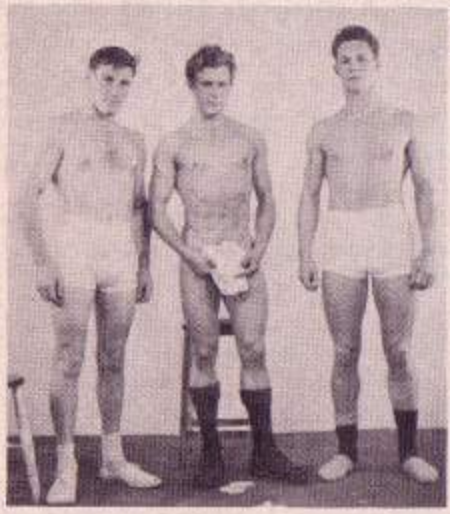
All issues are sent in plain envelope by sealed, First Class Mail, immediately upon receipt of orders.

No. 1—MAY 1959	**.75**
No. 2—JULY 1959	**.75**
No. 3—OCTOBER 1959	**.75**
No. 4—DECEMBER 1959	**.75**
No. 5—FEBRUARY 1960	**.60**
No. 6—APRIL 1960	**.60**
No. 7—JUNE 1960	**.60**
No. 8—AUGUST 1960	**.60**
No. 9—OCTOBER 1960	**.60**
No. 10—DECEMBER 1960	**.60**
No. 11—FEBRUARY 1961	**.60**
No. 12—APRIL 1961	**.60**
No. 13—JULY 1961	**1.00**
No. 14—SEPTEMBER 1961	**.60**

Complete Your Collection TODAY!

Fizeek Enterprises, Inc.

BOX 385, FRANKLIN STATION
WASHINGTON 4, D. C.



ROYALE 50 STORYETTES

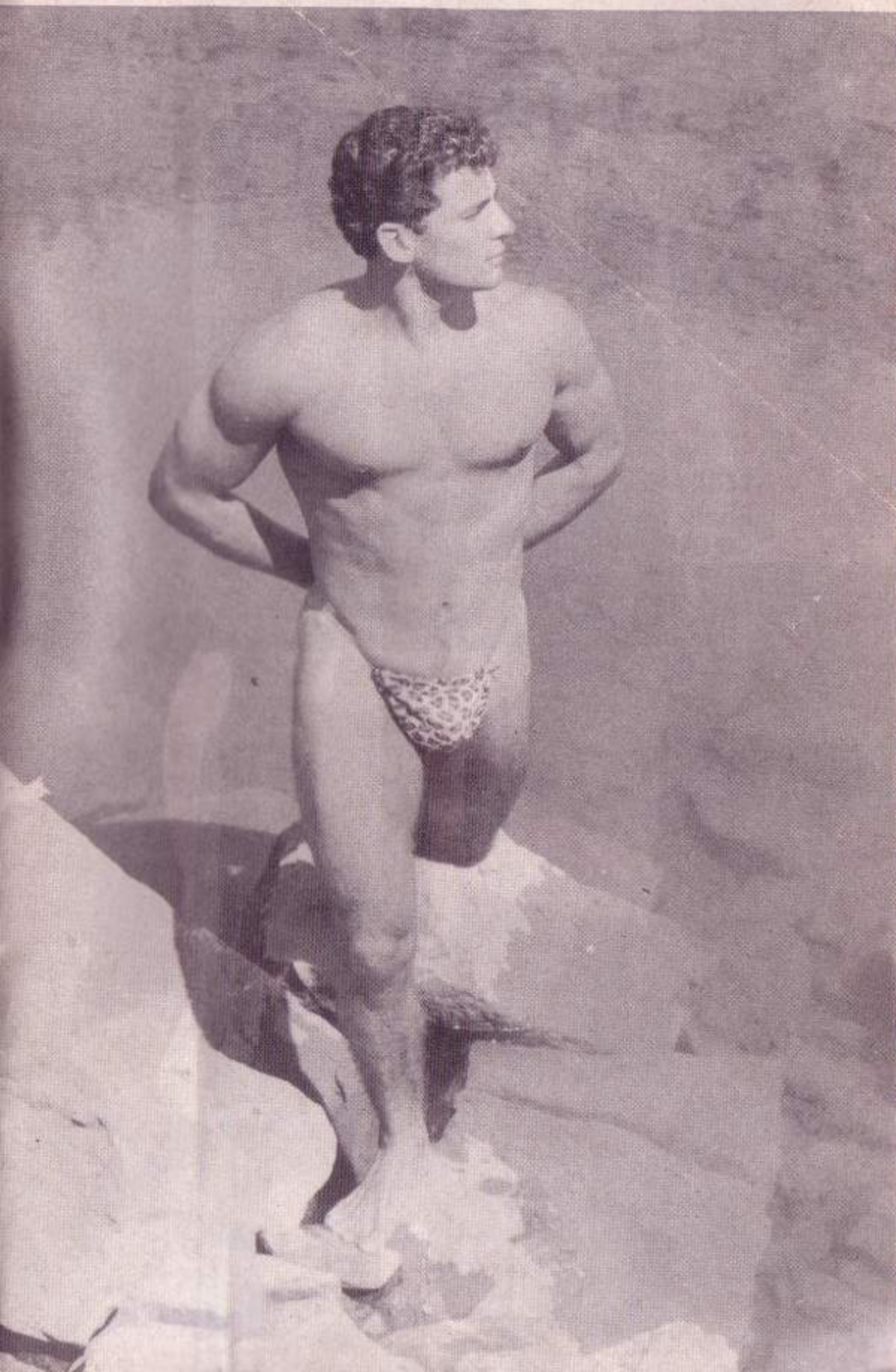
unrivalled by any other studio. Authentic action. Lavishly illustrated lists and catalogues

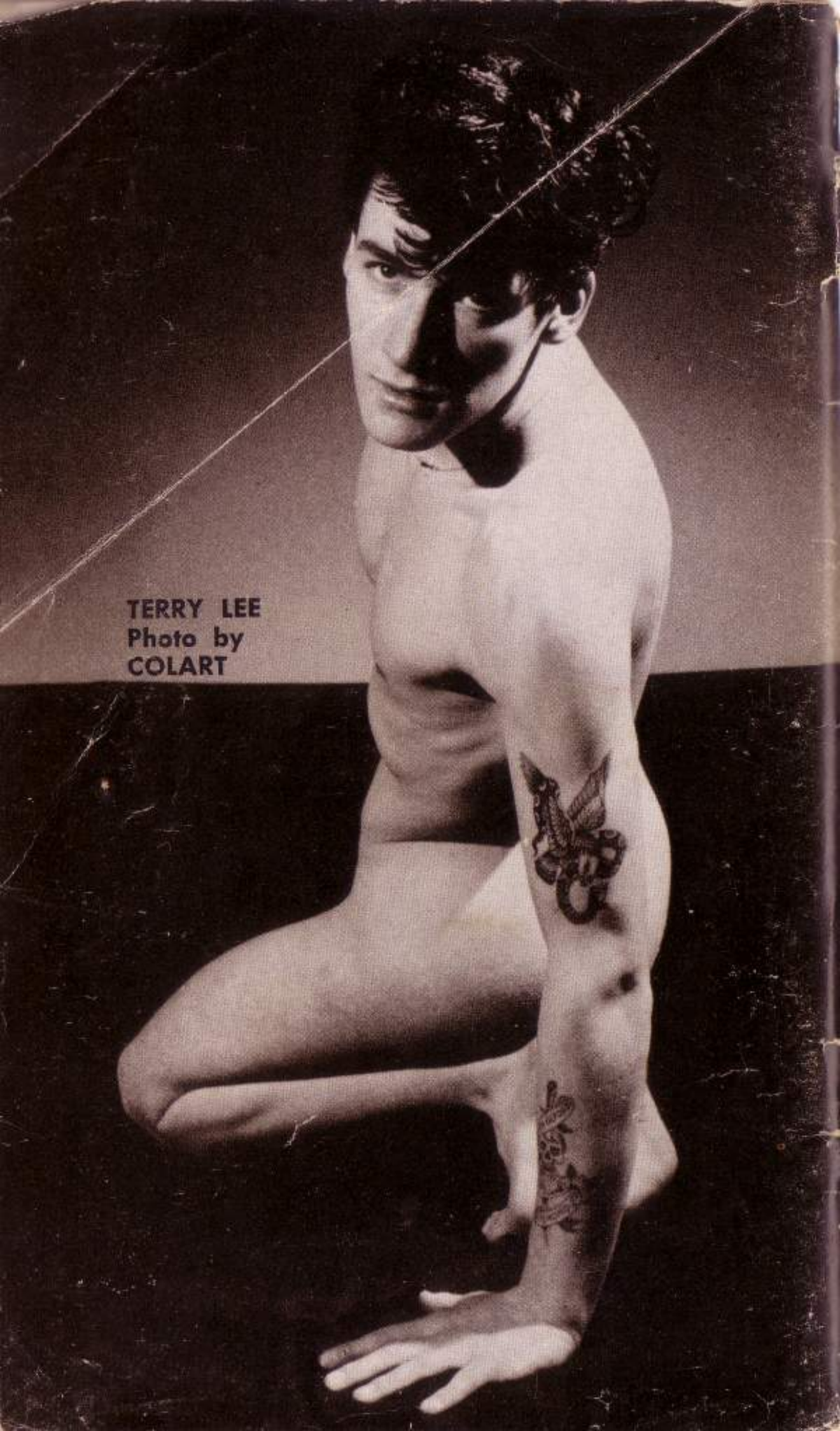
only $3 (20/-)

Royale Photography

110 DENBIGH STREET
LONDON S. W. 1, England

ANDRE in
photo by
MARK-ONE





TERRY LEE
Photo by
COLART